

## RESOURCES FOR CHILDREN AND CAREGIVERS

### FACE COVID Mediation

[FACE COVID – How To Respond Effectively To The Corona Crisis](#)

#### Education for Educators/Caregivers:

- [Student SELF MANAGEMENT](#)
- [What is Social Emotional Learning](#)
- [Why Mindfulness Is a Superpower: An Animation - Defines and Explains Mindfulness](#)
- [Dan Siegel - "The Adolescent Brain" - Info for Parents and Teens](#)
- [Parenting kids with anxiety amid the coronavirus pandemic](#)
- [Enhancing children's wellbeing by protecting parents' mental health](#)
- **Supporting Children During COVID**
  - [Part 1](#)
  - [Part 2](#)
  - [Part 3](#)
  - [Part 4](#)
  - [Part 5](#)
- **Neuroscience of Emotions and Mindfulness**
  - [Mindfulness and Neural Integration: Daniel Siegel, MD at TEDxStudioCityED](#)
  - [Science of Mental Health | Connecting biology, our emotions, and wellbeing](#)
  - [What is Neuroplasticity](#)

#### Education for Students (Multiple Age Ranges)

##### Emotions

- Anxiety
  - [What is the Cycle of Anxiety?](#)
  - [Fight Flight Freeze – Anxiety Explained For Teens](#)
- Alfred and Shadow
  - [Alfred & Shadow - A Short Story about Emotions](#)
  - [Alfred & Shadow - A Short Story about Self-Criticism](#)
  - [Alfred & Shadow - A Short Story about Being Scared](#)
- Why are Emotions Important
  - [Why Are Emotions Important, Dr. Leslie Greenberg](#)
  - [Why Are Emotions Important, Dr. Patricia Coughlin](#)
  - [Why Are Emotions Important, Dr. Dan Siegel](#)
- [How Feeling Bad can Lead to Feeling Good, Dr. Leslie Greenberg](#)
- [12 Emotions You Might Feel But Can't Explain](#)
- [Why Do We Lose Control of Our Emotions? - FOR KIDS](#)

##### About Mental Health

- [#MindYourSelfie Classroom Presentation on Mental Health | Primary Schools](#)
- [#MindYourSelfie Classroom Presentation on Mental Health | Secondary Schools](#)
- [Supporting Someone with a Mental Health Difficulty: Advice from Mental Health Professionals](#)

##### Mindfulness

- [Minions - Mindfulness Rules for classrooms, schools | KIDS Meditation](#)
- [What is Mindfulness - For Kids](#)

- [Everyday Mindfulness - What is Mindfulness and How to Use it in Everyday Tasks](#)
- [Kids Explain Mindfulness](#)
- [Mindfulness Animated in 3 minutes](#)
- [How Mindfulness Empowers Us: Feed the Good Wolf: Narrated by Sharon Salzberg](#)
- [You are not your thoughts](#)
- Dr. Russ Harris:
  - [The Choice Point: A Map for a Meaningful Life](#)
  - [Values vs Goals - By Dr. Russ Harris](#)
  - [Internal Struggles by Dr. Russ Harris](#)

#### Relationships

- [5 Levels of Friendships](#)

### Books, Cartoons, and Stories to Promote Social Emotional Learning

[I Am Peace, A Book of Mindfulness - By Susan Verde](#)

[Coach Mamburu PE Read Aloud - Listening to my Body by Gabi Garcia, illustrated by Ying Hui Tan](#)

#### Niall Breslin's Mindful Moments for Children – There are Accompanying Books

- [Mindful Moments for Children | Episode 1: Colour Breathing](#)
- [Mindful Moments for Children | Episode 2: The Magic Moment](#)
- [Mindful Moments for Children | Episode 3: Take Five](#)
- [Mindful Moments for Children | Episode 4: The Chill Skill](#)
- [Mindful Moments for Children | Episode 5: Body Scan](#)

#### CLASS DOJO – Checkout Accompanying Student, Parent, and Teacher Accounts

- |  |  |
|--|--|
| • <a href="#">Introduce Students to Class Dojo</a>               | • <a href="#">Respect (Part 1/3)</a>                         |
| • <a href="#">Class Dojo's Growth Mindset Series - Episode 1</a> | • <a href="#">Respect (Part 2/3)</a>                         |
| • <a href="#">Class Dojo's Growth Mindset Series - Episode 2</a> | • <a href="#">Respect (Part 3/3)</a>                         |
| • <a href="#">Class Dojo's Growth Mindset Series - Episode 3</a> | • <a href="#">Moods &amp; Attitudes (Part 1/3)</a>           |
| • <a href="#">Class Dojo's Growth Mindset Series - Episode 4</a> | • <a href="#">Moods &amp; Attitudes (Part 2/3)</a>           |
| • <a href="#">Class Dojo's Growth Mindset Series - Episode 5</a> | • <a href="#">Moods &amp; Attitudes (Part 3/3)</a>           |
| • <a href="#">Empathy for students - Episode 1/3</a>             | • <a href="#">Optimism (Part 1/3)</a>                        |
| • <a href="#">Empathy for students - Episode 2/3</a>             | • <a href="#">Optimism (Part 2/3)</a>                        |
| • <a href="#">Empathy for students - Episode 3/3</a>             | • <a href="#">Optimism (Part 3/3)</a>                        |
| • <a href="#">Big Challenges (Part 1/3)</a>                      | • <a href="#">Mindfulness for students - Activity #1</a>     |
| • <a href="#">Big Challenges (Part 2/3)</a>                      | • <a href="#">Mindfulness 1: Mojo Meets the Beast</a>        |
| • <a href="#">Big Challenges (Part 3/3)</a>                      | • <a href="#">Mindfulness 2: Mindful breathing with Mojo</a> |
|  | • <a href="#">Perseverance for students - Episode 1/3</a>    |
|  | • <a href="#">Perseverance for students - Episode 2/3</a>    |
|  | • <a href="#">Perseverance for students - Episode 3/3</a>    |

### Meditations and Mindfulness Exercises (Multiple Ages)

#### [KIDS MEDITATION - Kids Mindful Games for Focus Compilation](#)

##### Breathing

- [4-7-8 with Breath Sounds](#)
- [4-7-8 with Counting](#)

- [Try box breathing with this short animation](#)
- [Belly Breathing: Mindfulness for Children](#)
- [Rainbow Breath - FLOW](#)
- [KIDS MEDITATION - SQUARE BREATHING \(Focus & Calm\)](#)
- [Mindfulness Meditation for Kids | BREATHING EXERCISE | Guided Meditation for Children](#)

#### **6 Exercises from Walk in My Shoes**

- [Dropping the Anchor](#)
- [Notice 5 Things](#)
- [Being Mindful of your Thoughts](#)
- [Body Scan](#)
- [Mindfulness of the breath](#)
- [Leaves on a Stream](#)

#### **Guided Meditations**

- [Gratitude Meditation for Kids](#)
- [5 Senses Guided Meditation](#)
- [Be the Pond | Cosmic Kids Zen Den - Mindfulness for kids](#)
- [Bring It Down - FLOW](#)

#### **Body Scan**

- [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults](#)
- [KIDS MEDITATION - BUTTERFLY BODY SCAN](#)
- [Body Scan Meditation by GoZen!](#)
- [BODY SCAN | Mindfulness for Children](#)
- [Calm Classroom Practice of The Week - Body Scan](#)
- [Body Scan for Kids. By a Kid.](#)

#### **Progressive Muscle Relaxation**

- [Progressive Muscle Relaxation for Kids](#)
- [Progressive Muscle Relaxation for Younger Kids - CHOC](#)
- [Progressive Muscle Relaxation for Older Kids - CHOC](#)
- [Relaxation for Kids - The Koeppen Technique \(Part 1\)](#)
- [Progressive Muscle Relaxation for Younger Children](#)
- [Breathing Technique #3: Progressive Muscle Relaxation](#)
- [Progressive Muscle Relaxation- for kids and adults!](#)

#### **Mindfulness Minute:**

- [Mindfulness Minute - Mountain Lake](#)
- [Mindfulness Minute - Light Rain](#)
- [Mindfulness Minute - Forest Stream](#)
- [Mindfulness Minute - Spring Meadow](#)
- [Mindfulness Minute - Frozen Stream](#)
- [Mindfulness Minute - Ocean Waves](#)
- [Mindfulness Minute - Cliff Beach](#)

#### **Acceptance and Commitment Therapy Interventions**

- [The Unwelcome Party Guest - an Acceptance & Commitment Therapy \(ACT\) Metaphor](#)
- [ACT Auntie Channel](#)
- [Online Values Card Sort](#)

#### **Sleep Meditation**

- [Sleep Meditation for Kids | LAND OF THE UNICORNS 4in1 | Sleep Story for Children](#)

- [Kids Sleep Meditation FREDDIE THE FOX Helps You Fall Asleep Fast \(Children's Meditation Sleep Story\)](#)

### **Brain and Body Breaks (Multiple Ages)**

- [10 Virtual Brain Breaks for Online Learning](#)
- [Do the Dab with Blazer Fresh](#)
- [Brain Break - Would You Rather? Energizer Game 1](#)
- [Brain Break: Stretching](#)
- [Brain Break - Would You Rather? Among Us](#)
- [Brain Break - Dice Game 1](#)
- [Brain Break - Would You Rather? Travel Energizer Game 1](#)
- [Brain Break - Would You Rather? Travel Energizer Game 2](#)
- [Brain Break - THIS or THAT Energizer Game 2 Food Edition](#)
- [Trolls: Can't Stop The Feeling](#)
- [Clap It Out - Blazer Fresh](#)
- [Freeze Dance for Kids](#)
- [The Dance Freeze Song](#)
- [HS Brain Breaks Compilation](#)

### **The Following Resources are for You (but may also be helpful with older children and adolescents)**

#### **General Resources and Links**

- [Website with Meditations, Coping Skills, and Education](#)
- Website that helps identify emotions ([How Right Now](#))
- Article on Spreading Compassion ([from chopra](#))

#### **Brené Brown Talks (The Guru of Vulnerability)**

- [Brené Brown on Blame](#)
- [Listening to shame | Brené Brown](#)
- [The power of vulnerability | Brené Brown](#)
- [Brené Brown: Why Your Critics Aren't The Ones Who Count](#)
- [Brené Brown on Empathy](#)
- [Brene Brown Braving](#)
- [6 Types of People Who Do Not Deserve to Hear Your Shame Story](#)
- [THE GIFTS OF IMPERFECTION: LIVING WITH COURAGE, COMPASSION AND CONNECTION | Excerpt | PBS](#)
- [Vulnerability with Brene Brown](#)

#### **Deep Breathing**

- Breath to Heal ([Max Strom](#))
- [4-7-8 with Breath Sounds](#)
- [4-7-8 with Counting](#)
- Three 2-3 minute lessons on deep breathing ([Harvard Vanguard Medical Associates](#)):
- 2 minute deep breathing lesson ([Be the Change](#))

#### **Body Scan**

- 3 minute body scan ([UC Berkeley Greater Good Science Center](#)):
- 5 minute body scan ([The Sleepy Aardvark](#))

#### **Self-Compassion with Kristin Neff**

- [Overcoming Objections to Self-Compassion](#) - 12 MIN
- [2021 Cultivating Gratitude with Kristin](#) - 2 MIN
- [Self Compassion vs. Self-Esteem](#) Part 5 - 5 MIN
- [Fierce Self Compassion](#) - 5 MIN
- [The Three Components of Self-Compassion](#) - 6 MIN
- [2020 Self Compassion in Difficult Times](#) - 60 MIN
- [The Space Between Self-Esteem and Self Compassion](#) - 20 MIN
- [Mindfulness and Self-Compassion](#) – 20 MIN
- [STOP CHASING SELF-ESTEEM & JUST BE SELF-COMPASSIONATE](#) – 40 MINUTES
- [Self-Compassion with Dr. Kristin Neff](#) - 80 MINUTES
- [The Science of Self-Compassion | Kristin Neff | Talks at Google](#) - 40MIN

#### **APPS**

- Breathly (customize a 4-7-8-0 pattern)
- Serenity (Mindfulness)
- Insight Timer (Meditation +)
- Let's Meditate (Meditation +)
- Headspace (Meditation +)
- CALM (Meditation +)
- Virtual Hope Box
- Sanvello (Cognitive-Behavioral Therapy help for depression, anxiety, +)
- SuperBetter (Mental Health boosting game)

#### **Online Services for Therapy or Crisis**

- [Talkspace](#): text-based digital therapy company.
- [LARKR](#): live video counseling from trained therapists.
- [Brightside](#): online psychiatry and therapy.
- [MDLive](#): known for its online urgent care, but it also offers therapy.
- [Doctor on Demand](#): provides urgent care as well as behavioral health services.

#### **APPS Recommended by Other Sources:**

- [MoodKit](#): is a cognitive behavioral therapy-based app.
- [Shine](#): resources for anxiety and overall mental health specific to COVID-19
- [Coa](#): Online therapist-led groups & workshops for anxiety, stress, and connection
- [Ginger](#): Strategies, activities, and articles to help users stay grounded during COVID-19
- [Litesprite](#): Clinically-validated mental health video game
- [Big Health's Sleepio](#): personalized digital sleep improvement program accessible via app and web
- [Magellan's Restore](#): Digital cognitive behavioral therapy for sleep
- [COVID Coach](#): support self-care and overall mental health