

Supporting Your Child at Home

Navigating New Normal: https://www.noggin.com/navigating-the-new-normal-qa/?fbclid=IwAR1xqumbOzYwliqJF-K1L4aLTOIR14ldblUkxn3oH_TrDTCzzufgXpiVDpg

Calm down Tools:

Virtual bubble wrap: <http://www.virtual-bubblewrap.com/popnow.shtml>

Plasma ball calming: <https://video.link/w/glNH?src=syt>

Calming music to work/relax to:

https://www.youtube.com/watch?v=2k_nSaEVgYI&feature=emb_title

Printable/online coloring pages:

<http://www.supercoloring.com/collections/coloring-pages-for-adults>

Relax & Breathe video: <https://video.link/w/hTqF?src=syt>

Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Mindfulness (GoNoodle): <https://family.gonoodle.com/channels/flow>

Zones of Regulation (Emotional regulation during COVID):

https://docs.google.com/document/d/1Lf1GJq_Yp6tVCLy5UTotbV0VyqapUUIq0cFa7YzpLc0/edit#

Meditation Scripts & Mindfulness: <https://mindfulnessercises.com/meditation-scripts-for-kids/>

Kids' Yoga Stories: <https://www.kidsyogastories.com/yoga-games-large-groups-kids/>

Deep Breathing Exercises for Kids: <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Coping Skills for Kids during COVID: <https://copingskillsforkids.com/coping-with-coronavirus>