

DIGITAL COUNSELING RESOURCES

CALMING APPS



SOCIAL/EMOTIONAL

- [Guided Breathing Body Scan for Kids](#)
- [Mindful Breathing](#)
- [Stress Relief Helpful Coping Skills](#)
- [Calm](#)
- [Humble Warriors Yoga YouTube Channel](#)
- [Helping kids with worry and anxiety](#)

PARENT RESOURCES

- [What To Do \(And Not Do\) When Children Are Anxious](#)
- [Coronavirus Explained for Kids](#)
- [Talking to Children About COVID-19 A Parent Resource](#)
- [Talking to Kids About the Coronavirus](#)
- [Coping With Stress During Infectious Disease Outbreaks](#)

FAMILY FUN

- [GoNoodle: Physical Activities for Kids- free app](#)
- [100 activity ideas to do at home](#)
- [Free Greeting Card Maker](#)