

# DIGITAL RESOURCES

## ACADEMIC

- [BrainPop](#)
- [KidsActivities.Com](#) (List of educational companies offering free subscriptions)
- [Amazing Educational Resources](#) (List of free educational resources)
- [Asking For Help In School](#)
- [Study Skills - Managing Your Time](#)
- [Thinking Skills + Video Games - Time Management](#)
- [Nearpod](#)

## SOCIAL/EMOTIONAL

- [Body Scan for Kids](#)
- [Guided Breathing](#)
- [Mindful Breathing](#)
- [Stress Relief](#)
- [Newsela SEL](#)
- [Calm](#)
- [Humble Warriors Yoga YouTube Channel](#)

## COLLEGE AND CAREER

- [College + Career Readiness Video](#)
- [CareerOneStop](#)
- [Getting Into College - Info for Middle Schoolers and Families](#)
- [Education Planner - Career Clusters Activity](#)

## PARENT RESOURCES

- [Parent Toolkit](#)
- [What To Do \(And Not Do\) When Children Are Anxious](#)
- [Coronavirus Explained for Kids](#)
- [Coping with COVID-19](#) (Free download from The Guidance Alliance)
- [Remind.com](#)
- [A Parent's Guide To Google Classroom](#)

# DIGITAL RESOURCES

## OTHER IDEAS

- Google Classroom - Invite your students to your counseling classroom where you can post lessons and materials
- Google Forms - Use this for surveys or questionnaires
- Send Weekly Counseling Newsletters - [Smore](#)

## APPS

