# Ashwaubenon School District- Elementary Level

## **Behavioral Health & Wellness Resources**



## Resources for Talking to Kids About Coronavirus:

PBS Kids: How to Talk to Your Kids About Coronavirus

Brain Pop Video About the Coronavirus

## Social-Emotional Learning Resources

**Active Screen Time Resource** 

https://www.gonoodle.com/for-families/

## Yoga, Mindfulness & Relaxation Designed for Kids Aged 3+

https://www.youtube.com/user/CosmicKidsYoga

#### Ultimate Guide to Mental Health and Education Resources for Kids and Teens

https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/

### Help Your Family De-Stress During Coronavirus Uncertainty

https://www.commonsensemedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty

### Videos for Sleep, Meditation and Relaxation

https://app.www.calm.com/meditate

## **Progressive Muscle Relaxation for Kids**

https://www.youtube.com/watch?v=cDKyRpW-Yuc

## Virginia Career VIEW (Vital Information for Education and Work) - Career Information Delivery System for K-8

https://www.vaview.vt.edu/

### Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons

https://wedolisten.org/

#### Mindfulness Websites/Activities

https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf

### Giant List of Ideas for Being Home with Kids

https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTlk7yRTd0C3zx49JS4wwCl/mobilebasic

Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic

https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/?fbclid=lwAR06lgI5U3ea2sRtIGB KpEVHcLB9LDsDCkoujJKUSecpAZfW2e2AcOYt3Kk

## **Explore Brain Pop Videos and Activities**

https://jr.brainpop.com/health/

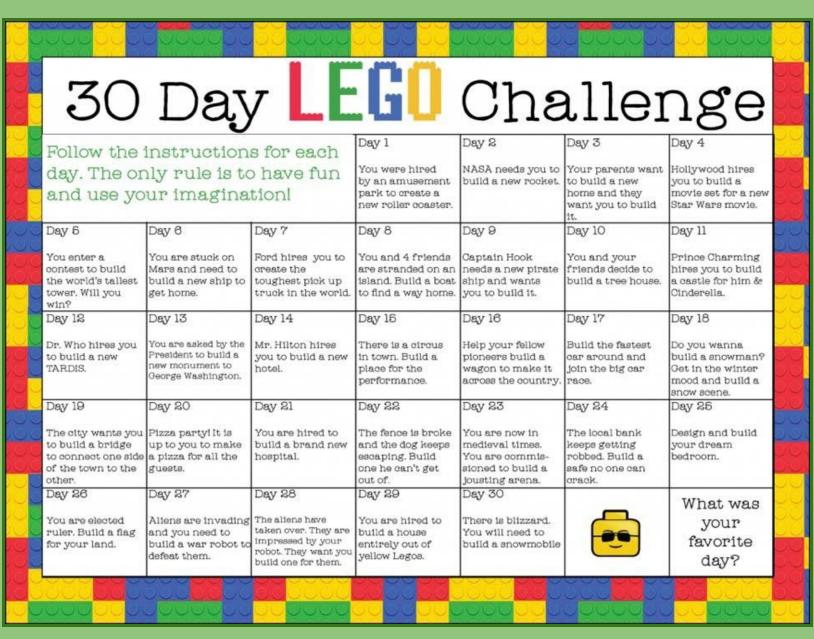
## Coping Skills Resources

https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive\_coping.html

## 10 Days of Live 'Choose Love' Lessons For Parents and Children

https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/

Lego Challenge: Get creative and enjoy 30 days of Lego fun.



Structure is important to children, here is an example of a daily home schedule.

