

Resources from the School Counseling Office

Parent Resources

1. Whole Child Counseling: COVID specific resources and support
 - a. <https://www.wholechildcounseling.com/post/coronavirus-resources-for-kids-parents-counselors-and-educators?fbclid=IwAR1Bw-d5zmMohwVpRM0emGegs4eNcwdFNlyqKYBkKjEeNYKcKyBT-52IdI>
2. Child Mind Institute
 - a. <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>
3. Helpful Videos to help explain what is happening to your children
 - a. The Yucky Bug by Author Julia Cook: you tube video
 - i. https://www.youtube.com/watch?v=ZD9KNhmOCV4&feature=youtu.be&fbclid=IwAR2dqNswHS-4kBlf3VxiVhKGfWljfXDqW9x_XjjoXvZb8ddY3sIYjbp7KVg
 - b. CDC Video for children
 - i. <https://www.youtube.com/watch?v=OPsY-jLqaXM&feature=youtu.be>
4. Mindful.org
 - a. www.Mindful.org
5. Confident parents, Confident Kids: supporting social & emotional development at home
 - a. <https://confidentparentsconfidentkids.org/>
6. <https://www.parentteenconnect.org/>
 - a. At-home, family-engagement resource that connects with our Middle School Second Step Curriculum.

Apps for your phone

1. MindYeti
2. CalmHarm
3. Self-regulation and emotions: 7 best apps article
 - a. <https://www.cbc.ca/parents/learning/view/seven-self-regulating-apps-for-kids-that-teach-mindfulness>