

Social and Emotional Websites/Apps

<https://www.brainpop.com/social-emotional-learning/> games and social emotional information

https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_subs_031720 yoga and mindfulness activities

<https://www.youtube.com/user/CosmicKidsYoga> you tube yoga and mindfulness just for kids, it's great!

<https://app.www.calm.com/meditate> an app to help you meditate and sleep