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