



| Grade Level | Activity | Access | Description |
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| Elementary | Move This World: Breathing Exercises | https://vimeo.com/showcase/6860611 Access Password: togetherwecan | Students and families are invited to continue or begin using these breathing exercises as calming and relaxation strategies. |
| Middle | Move This World: Breathing Exercise | https://vimeo.com/showcase/6860652 Access Password: togetherwecan | Students and families are invited to continue or begin using these breathing exercises as calming and relaxation strategies. |
| High | Move This World: Breathing Exercise | https://vimeo.com/showcase/6860654 Access Password: togetherwecan | Students and families are invited to continue or begin using these breathing exercises as calming and relaxation strategies. |
| Elementary | Howard B. Wigglebottom: Character Lessons | https://wedolisten.org/lessons/book/Howard+B.+Wigglebottom+On+Yes+or+No%3A+A+Fa+ble+About+Trust | Parents can use these short videos to begin/continue character education lessons with students. They include videos, songs, and comprehension questions. |
| Elementary | Second Step | YouTube https://www.youtube.com/playlist?list=PLiaUKIwbiHMQDQLCXoPaMMYotldKIUQCw Vimeo https://vimeo.com/showcase/6875483/?page=2 | Mind Yeti is a library of attention-grabbing mindfulness education videos that are designed for children to learn mindfulness techniques alongside their caregivers. |
| Elementary | Second Step | https://www.imagineneighborhood.org/ | This short podcast (just launched and available on multiple platforms) covers topics that help children to think and talk about their feelings. The most recent episode includes a developmental psychologist talking to children about the Corona Virus. |

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| High | Second Step | https://www.parenteenconnect.org/ | Parents of teens can use this resource, which uses real teen and parent interviews, to navigate issues (and get expert advice) about screen time, developing household responsibility, and balancing supervision and independence. |
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