

# **Family Resources and Activities for Social-Emotional Learning**

*Dear Solana Beach School District Families, we are curating a list of resources and activities that provide social-emotional support for families and their children. Each week, we will add more information and resources, so please come back!*

## **At-Home Movement**

[Common Sense Media Approved Movement Apps](#)

[Common Sense Media Approved Dance Apps](#)

[gonoodle](#)

## **Breathing**

[Breathing Exercises](#)

[Square Breathing](#)

[Cooling Out Breathing](#)

[Spaceship to the Moon- guided meditation](#)

[Your Secret Treehouse- guided meditation](#)

[Relax & Breathe- 10 min. Challenge](#)

## **Mindfulness Apps**

[Stop Breathe and Think - Kids](#) Stop, Breathe & Think Kids offers children a fun and easy way to identify and process their emotions. From counting breaths to friendly wishes or frog jumps, each activity brings fun rewards to keep them engaged. \*\*Adult version may be more suited for Grade 6 and up\*\*

[Calm app](#) This is a great meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule. This app also

offers free resources, including soothing meditations, sleep meditations, calm body, practices to find ease, and more!

[Headspace](#) - Headspace offers guided meditations suitable for all levels.

[Smiling Mind](#) - Smiling Mind is designed to help people reduce pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18

[Positive Penguins](#) - The four positive Penguins take you on an interactive journey to help you understand that feelings arise from your thinking and if you challenge your negative thoughts successfully you may be able to see things in a more realistic and even optimistic way.

[ImaginAction from Stanford](#) --anxiety reduction

<https://vimeo.com/114619741> - Short video on how to do Mindfulness breathing for stress

<http://www.zonesofregulation.com/apps.html>

[5 Minute Body Scan Video](#)

[Mindfulness Script Butterfly](#)

[Mindfulness Script Bubble Blower Magic](#)

[Online Coloring Pages](#)

[PBS Coloring Games](#)

[Balancing Game](#)

[Gratitude Flowers](#)

[Name it to Tame it](#)

[18 Mindfulness Games/Activities](#)

[Emotional ABCs](#)