

## Daily Activities Message

Category(SEL, Mental Health, Resource, Health)	URL (Link)	Blurb (to send with email)
SEL - Mindfulness	<a href="https://youtu.be/wf5K3pP2IUQ">https://youtu.be/wf5K3pP2IUQ</a>	This is a 5 minute kid's mindfulness exercise.
SEL - Mindfulness(Spanish)	<a href="https://youtu.be/DwwPiZN7X0M">https://youtu.be/DwwPiZN7X0M</a>	This is a 3 minute kid's mindfulness exercise.
SEL - Mindfulness	<a href="https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/">https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/</a>	Here is a great introduction to mindfulness for your kids or yourself! Scroll down and you will see several live classes you view.
Routines/Schedules	<a href="https://sites.google.com/arlinton.k12.ma.us/mentalhealthandwellbeing/families#h.nyufjhpxc3jl">https://sites.google.com/arlinton.k12.ma.us/mentalhealthandwellbeing/families#h.nyufjhpxc3jl</a>	It is important for children and parents alike to follow a schedule or routine during the day. Here are some examples of schedules you could create for your home.
Inspirational	<a href="https://www.facebook.com/MikeSmithLive/videos/2636833043110992/">https://www.facebook.com/MikeSmithLive/videos/2636833043110992/</a>	This is a 5 minute talk on coming together as a community and supporting each other.
SEL - Breathing	English: <a href="https://youtu.be/SIPMk9qHJBQ?list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw">https://youtu.be/SIPMk9qHJBQ?list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw</a> Spanish: <a href="https://www.youtube.com/watch?v=UdcaBcgzsaE&amp;list=PLiaUKiwbiHMSzAac5smgxc98Huui9KwC-&amp;index=3&amp;t=16s">https://www.youtube.com/watch?v=UdcaBcgzsaE&amp;list=PLiaUKiwbiHMSzAac5smgxc98Huui9KwC-&amp;index=3&amp;t=16s</a>	This is a 3 minute video - Mind Yeti - on easy breathing. Can be for kids or adults.
Activities to help students and families stay healthy	<a href="https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-">https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-</a>	This website provides activities for students and families to work together or

	<a href="#">coronavirus/</a>	individually.
Self-Care	<a href="https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care">https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care</a>	This article talks about the importance of self care while we are at home full time with our children.
Self-Care	<a href="https://youtu.be/3ZmKcswrA2g">https://youtu.be/3ZmKcswrA2g</a>	This short video helps us think about how we can care for ourselves during these difficult times. Remember, our kids depend on us, so we need to remain strong.
Anxiety/Calm Down	<a href="https://www.healthline.com/health/how-to-calm-down#4">https://www.healthline.com/health/how-to-calm-down#4</a>	This offers 15 ideas to help yourself stay calm.
Feelings	<a href="https://youtu.be/F0WYFXxhPGY?t=72">https://youtu.be/F0WYFXxhPGY?t=72</a>	Short Video on feelings - good for children or adults
Empathy/friendship	<a href="https://youtu.be/ULweH40OqQE">https://youtu.be/ULweH40OqQE</a>	This is a 22 minute video for you and your children to watch together.
Corona Virus Social Story	<a href="https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf">https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf</a>	This is a comic strip social story for explaining the Corona Virus for younger students
Corona Virus Social Story	<a href="https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR0xMM9w0G9hSqChEIFVw91g3Xsc7SDe-mzh5Oe1n1zfe8Hc4-ENBBLtPgE">https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html?fbclid=IwAR0xMM9w0G9hSqChEIFVw91g3Xsc7SDe-mzh5Oe1n1zfe8Hc4-ENBBLtPgE</a>	This is another social story explaining the Corona Virus for older students
Corona Virus Podcast	<a href="https://the-story-seeds-podcast.simplecast.com/episodes/corona">https://the-story-seeds-podcast.simplecast.com/episodes/corona</a>	This is a podcast with advice and a fun experiment
Social Mapping behavior	<a href="https://socialskillsresources.weebly.com/social-behavior-mapsworksheets.html">https://socialskillsresources.weebly.com/social-behavior-mapsworksheets.html</a>	This is a way to help children understand the effect of their behavior on others.

Corona Virus Family Guide to surviving the quarantine	<a href="https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine">https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine</a>	This is an article with a lot of good advice for families
Story books for younger children on anxiety	<a href="https://www.google.com/url?q=https%3A%2F%2Fm.facebook.com%2Fjuliacookonline%2F&amp;sa=D&amp;sntz=1&amp;usg=AFQjCNH6IKWOxApMCQg5VYu9KOThOIUWBQ">https://www.google.com/url?q=https%3A%2F%2Fm.facebook.com%2Fjuliacookonline%2F&amp;sa=D&amp;sntz=1&amp;usg=AFQjCNH6IKWOxApMCQg5VYu9KOThOIUWBQ</a>	
Self Care - Meditation for Anxiety	<a href="https://www.youtube.com/watch?v=Mlr3RsUWrdo&amp;feature=emb_rel_end">https://www.youtube.com/watch?v=Mlr3RsUWrdo&amp;feature=emb_rel_end</a>	This meditation is very soothing for our stress as we deal with the current crisis. It is about 20 mins.
Parenting	<a href="https://podcasts.apple.com/us/podcast/stuck-in-home-parenting/id1506503059?i=1000471033789">https://podcasts.apple.com/us/podcast/stuck-in-home-parenting/id1506503059?i=1000471033789</a>	Lyn Lyons talks to parents about surviving this stay at home period with out kids. 18 mins
Parenting	<a href="https://podcasts.apple.com/us/podcast/trailer-a-moms-retreat-with-lynn-lyons/id1506503059?i=1000470579695">https://podcasts.apple.com/us/podcast/trailer-a-moms-retreat-with-lynn-lyons/id1506503059?i=1000470579695</a>	1 minute on supporting your children's mental health

Virtual field trips	<a href="http://www.google.com/url?q=http%3A%2F%2Fm.efficientschoolsolutions.com%2FVNI2000Sm10R000Yt4hzsE0&amp;sa=D&amp;sntz=1&amp;usg=AFQjCNEZjJLYWy9mDFulxr49RaCy5Th6mQ">http://www.google.com/url?q=http%3A%2F%2Fm.efficientschoolsolutions.com%2FVNI2000Sm10R000Yt4hzsE0&amp;sa=D&amp;sntz=1&amp;usg=AFQjCNEZjJLYWy9mDFulxr49RaCy5Th6mQ</a>	Visit the great wall in China, Yosemite National Park, the Monterey Bay Aquarium and several zoos on your computer.
Play	<a href="https://www.pamgarramone.com/playground">https://www.pamgarramone.com/playground</a>	Games you can play with the family
Coloring - Mandalas	<a href="https://mondaymandala.com/m">https://mondaymandala.com/m</a>	A collection of mandalas that you can color.
Talking about the Corona	<a href="https://www.open-">https://www.open-</a>	Here's a link from open circle

