

DIGITAL RESOURCES

ACADEMIC

- ☐ [BrainPop](#)
- ☐ [KidsActivities.Com](#) (List of educational companies offering free subscriptions)
- ☐ [Amazing Educational Resources](#) (List of free educational resources)
- ☐ [Asking For Help In School](#)
- ☐ [Study Skills - Managing Your Time](#)
- ☐ [Thinking Skills + Video Games - Time Management](#)
- ☐ [Nearpod](#)

SOCIAL/EMOTIONAL

- ☐ [Body Scan for Kids](#)
- ☐ [Guided Breathing](#)
- ☐ [Mindful Breathing](#)
- ☐ [Stress Relief](#)
- ☐ [Newsela SEL](#)
- ☐ [Calm](#)
- ☐ [Humble Warriors Yoga YouTube Channel](#)

COLLEGE AND CAREER

- ☐ [College + Career Readiness Video](#)
- ☐ [CareerOneStop](#)
- ☐ [Getting Into College - Info for Middle Schoolers and Families](#)
- ☐ [Education Planner - Career Clusters Activity](#)

PARENT RESOURCES

- ☐ [Parent Toolkit](#)
- ☐ [What To Do \(And Not Do\) When Children Are Anxious](#)
- ☐ [Coronavirus Explained for Kids](#)
- ☐ [Coping with COVID-19](#) (Free download from The Guidance Alliance)
- ☐ [Remind.com](#)
- ☐ [A Parent's Guide To Google Classroom](#)

DIGITAL RESOURCES

OTHER IDEAS

- ☐ Google Classroom - Invite your students to your counseling classroom where you can post lessons and materials
- ☐ Google Forms - Use this for surveys or questionnaires
- ☐ Send Weekly Counseling Newsletters - [Smore](#)

APPS

