

Supporting Children's Emotional Health and Well-Being During the COVID-19 Pandemic

Online Groups:

- CanLearn Society: <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-schools/>
- Foothills Academy: <https://www.foothillsacademy.org/community-services/psychological-services-programs/group-programs/stjh-online>

Books:

- Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD & Autism Spectrum Disorder *by Varleisha Gibbs.*
- 2, 4, 6, 8 This Is How We Regulate: 75 Play Therapy Activities to Increase Mindfulness in Children *by Tracy Turner-Bumberry.*
- Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger *by Janine Halloran.*
- How to Be a Superhero Called Self-Control! Superpowers to Help Younger Children to Regulate Their Emotions and Senses *by Lauren Brukner.* For ages 4-7.
- Listening to My Body *by Gabi Garcia.*
- Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere *by Kira Willey.*

Websites:

- Anxiety Canada - <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/>
- Social Thinking - <https://www.socialthinking.com/free-stuff>
- The MEHRIT Centre - <https://self-reg.ca/self-reg-101/>
- MindUP for Life - <https://mindup.org/>
- Youth Mental Health Canada - <https://ymhc.ngo/resources/covid-19/>

Applications

- Smiling Mind - <https://www.smilingmind.com.au/>
- Rootd - <https://www.rootd.io/>
- Daylio - <https://daylio.net/>
- Breath, Think, Do with Sesame - <https://occovid19.ochealthinfo.com/breathe-think-do-sesame>
- Calm (For adults and a section for children all ages) - <https://www.calm.com/>
- Headspace for Kids - <https://www.headspace.com/meditation/kids>
- DreamyKid (helps with self-confidence, anxiety, bedtime settling) - <https://dreamykid.com/>
- Stop, Breathe & Think Kids - <https://kidsapp.stopbreathethink.com/parent>
- Calm Child - <https://apps.apple.com/us/app/calm-child/id1349191042>
- Moodtrack Diary (2 versions: social and private; more suitable for adolescents) - <http://www.moodtrack.com/>