

## Smooth the Transition Back to School

### Community Resources:

- **CanLearn Society:**
  - ADHD Coaching - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/adhd-coaching/>
  - Friends: <https://www.canlearnsociety.ca/come-learn-social-skills-with-canlearn-friends/>
  - Calm Kids Happy Family: <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-children-families/calm-kids-happy-families/>
  - Reading Pilot: <https://www.canlearnsociety.ca/literacy/programs-for-children/reading-pilots/>
  - Word Play: <https://www.canlearnsociety.ca/literacy/programs-for-children/wordplay/>

### Websites:

- Anxiety: <https://www.anxietycanada.com/>
- Back to School survival guide: <https://www.additudemag.com/moms-school-survival-guide/>
- Social Skills: <https://www.socialthinking.com/free-stuff>

### Applications:

- Forest- Time tracking app/ Help with focus
- Notability- Audio record while student takes notes
- GoNoodle- Movement
- Study Bunny- Focus timer
- Smiley minds- Children mindfulness
- Calm- Adult and children mindfulness
- Brili Routine Kids (\$) - Adult and children routine
- Timo Kids Routine Time- Younger children routine

### Books:

- *Nothing Stays the same, but That's Okay*: [amazon.com/Nothing-Stays-Same-Thats-Okay/dp/1736611429/](https://www.amazon.com/Nothing-Stays-Same-Thats-Okay/dp/1736611429/)
- *What Happens when School Starts again*: [https://www.amazon.com/gp/product/1734864125/ref=as\\_li\\_tl?ie=UTF8&tag=mightyandbriq-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=1734864125&linkId=53226cae9aea3e62e68c277e07a55b77](https://www.amazon.com/gp/product/1734864125/ref=as_li_tl?ie=UTF8&tag=mightyandbriq-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=1734864125&linkId=53226cae9aea3e62e68c277e07a55b77)