

Social Emotional Support

Name of Tool	Website/App	Free/Cost/Fremium	Age Range	Topic
4-H Healthy Living Guide	Website	Free	K-12; Adults	Physical Activity;
PBS - Daniel Tiger	Website	Free	Early Elementary	about Coronavirus
Mental Health America	Website	Free	K-12; Adults	resources
Mindfulness Activities for very	Website	Free	K-12; Adults	Mindfulness
CATCH at Home	Google Classroom	Free during school closures	K-12	Activity Breaks; Health
#Healthykidsquarantined	Campaign	Free	PK-12	WMU Initiative
Wellness Repository	Document	Free	PK-12	Wellness Resources

Link	Use
Download	
Link	How to talk to your toddler about COVID19
https://mhanational.org/	Both Parent and Children Resources
Link	page!
CATCH Link	Some school accounts do not work as this is free for
https://www.youtube.com/watch?v=Et9JeyEd0NM&feature=youtu.be	
Link	the state