



PARENT SUPPORT RESOURCES

MINDFULNESS & CALMING

[CALM APP](#)

[MINDFULNESS FOR TEENS](#)

[MINDFULNESS FOR KIDS](#)

MOVEMENT & DESTRESSING

[FAMILY GONOODLE](#)

[COSMIC KIDS](#)

[YOGA FOR TEENS](#)

SOCIAL EMOTIONAL LEARNING

[SEL LEARNING ACTIVITIES](#)

[HELPFUL QUOTES AND VIDEOS](#)

[BOOKS, GAMES, & APPS](#)

PARENTING SUPPORT

[COPING WITH COVID-19](#)

[CONFIDENT PARENTS](#)

[MIND BRAIN PARENTING](#)

[PARENT TOOLKIT](#)

ACADEMIC SUPPORTS

[HOW TO STUDY](#)

[STUDY SKILLS GUIDES](#)

[ORGANIZING SKILLS](#)

[TIME-MANAGEMENT](#)

[NOTE-TAKING](#)