

Parent of Teens Resources

All-In-One Resource

1. <https://district196org.finalsite.com/about/calm-room>
2. https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf
- 3.

Coronavirus

1. PANDEMIC PANIC PACK (for Middle/High School and Parents)
<https://kookyclinic.com.au/wp-content/uploads/2020/03/Pandemic-Panic-Pack.pdf?fbclid=IwAR1MckyUXj7LThfZ-D7gO3Yr3tBe69XsYJAeDVjB3ZU9nK0uSA9zaRTCjzg>
2. Dear Class of 2020 (Video for seniors experiencing feelings of loss associated with missing their final semester due to Coronavirus)
https://www.youtube.com/watch?v=9b_iREjuCrA&fbclid=IwAR37nDFTL9ANWATogWQSFv9ltqDFisxSYpvaqtvsp2jhSAQrJL6bcWZp2Dc

Activities

1. Virtual Museum Tours
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR1aaNTm1K0jSgREcUjpFDo9aU1Cvk6T1pJO9GO5SpGvot90Pc2V3TfkzDA%20>
2. Milwaukee County Zoo Webcams
<http://www.zooview.tv/>
3. Smithsonian Link: Fun stuff for Kids and Teens
<https://www.si.edu/kids>
4. Earthcam: Animal Cameras
<https://www.earthcam.com/events/animalcams/>
5. Orcas
<https://explore.org/livecams/orcas/orcalab-rubbing-beach-underwater>
6. Live WebCams
<https://explore.org/livecams>

Guided Relaxation/Meditation

1. Body Scan Meditation
https://www.youtube.com/watch?v=QS2yDmWk0vs&feature=emb_logo
2. Guided Imagery
<https://www.youtube.com/watch?v=35ch88kmlls&t=7s>
3. 5 Minute Meditation
https://www.youtube.com/watch?v=inpok4MKVLM&feature=emb_logo

Grief

1. NAGC Hero Toolkit: In Support of Super Heroic Grieving Children & Teens
<https://www.newyorklife.com/assets/foundation/docs/pdfs/nagc-hero-toolkit.pdf>

Visual Relaxation

1. Glitter Bottle Relaxation
https://www.youtube.com/watch?v=Mb3ji6fvzEk&feature=emb_logo
2. Sand Relaxation
<https://www.youtube.com/watch?v=NwtZ9jfK7x8>
3. Aquarium
<https://www.youtube.com/watch?v=0vYb9TcUo0Q>
4. Wildlife in Africa
<https://www.youtube.com/watch?v=0vYb9TcUo0Q>
5. Sand
https://www.youtube.com/watch?v=uwkJ_q4dSAk
6. Weave Silk (Interactive)
<https://artsexperiments.withgoogle.com/living-archive/?token=1585527387>