**Stress and Anxiety Reducing Online Supports:**

**Headspace**: very user-friendly app for mindfulness activities and the cartoons they use are attractive to youth (and some of us adults).  A significant number of mindfulness exercises are free, but to stick with it long term a subscription fee is required. There is a version specifically for kids as well.

**Insight Timer**: for guided meditation and groups by category so you can find activities for anxiety and depression, sleep, boosting self-esteem etc. It is free but does have an upgrade option with fees.

**Stop, Breath and Think**: geared toward mindfulness and better sleep, free

**Smiling Mind**: managing stress in general but there’s also a good section for school stress, free

**Superbetter**: for teen gamers who suffer depression, the Superbetter app combines the motivation of a video game with simple theories of behavioral activation.

**Flowy**: for youth with panic attacks, ‘Flowy’ is a game which provides a vital distraction while coaching players to control their breathing.

**CBT-I Coach**: for older teens with insomnia, CBT-I coach offers great instruction.

**Online Fitness Resources**

**Down Dog Yoga**: another great release can come from yoga, this app is currently free.  Dr. Weigle highly recommends it and uses it every day.

**Super Stretch Yoga**: teaches kids yoga, self-esteem, self-regulation, free

**HIIT Workouts**: Exercise is also an excellent release, and for this the HIIT Workouts app is also currently free.  It’s a great way to get a full workout in minimal time.

NikeRunClub: for runners, the NikeRunClub app works well, offering training programs, inspiration, and tracking.

**Boks Kids**: Website offering physical activity programs for kids (now with a home resource section) <https://www.bokskids.org>

**Online Educational/Activities for Kids:**

**Khan Academy**: a “pretty amazing” free education resource for parents with youth ages 2 – 18 years. <https://www.khanacademy.org/>

**NASA Website**: fun and educational activities for kids to do from home <https://www.nasa.gov/nasa-at-home-for-kids-and-families>

**Crayola**: Visit the link below for access to free printable

<https://www.crayola.com/free-coloring-pages/print/earth-day-recycling-coloring-page/>

**Mystery Science**: Science lessons for children Kindergarten-5th grade \*Available in Spanish <https://mysteryscience.com/school-closure-planning>

**World Book Day**: Visit the link below for access to virtual story time videos for kids

<https://www.worldbookday.com/storytime-online/>

**National Geographic Kids**: Endless videos and activities for kids available

<https://kids.nationalgeographic.com>

**The Food Network**: Cooking with Kids offers kid friendly recipes

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids>

**Delish**: Free digital cooking classes for kids every weekday at 1 p.m. via their Instagram account, visit link below for more info

<https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/>