



Health and Wellness Resources

Mediation/mindfulness for kids: <https://www.headspace.com/mindfulness/activities-for-kids>

Adults Apps: Headspace, Insight Timer, 10 percent happier, Calm

The self-care challenge for families:



Yoga Apps for Kids: Cosmic Kids

Adults: Yoga-Down Dog App

Practice Gratitude - <https://www.mindfulmazing.com/the-best-gratitude-activities-for-kids/>

Dance: <https://www.gonoodle.com/videos/b2aGzY/kidz-bop-kids-fightsong?sourcePage=share&sourcePageType=share&sourceName=share&sourceElement=share>

How to control big feelings - <https://youtu.be/Vs-MyQgfH3A?feature=shared>

Social Media Smarts- <https://kidshealth.org/en/parents/social-media-smarts.html>

Screen Time Detox - <https://kidslox.com/how-to/detox-your-child-from-electronics/>

Dangers of Screen Time - <https://youtu.be/uLV4G06WIkE?si=1uAzU9lrYU91qcZ1>

For additional Health and Wellness resources please feel free to reach out to Penney Morash at PenneyJmorash@gmail.com