

DIGITAL COUNSELING RESOURCES

ACADEMIC

- [BrainPop](#)
- [KidsActivities.Com](#) (List of educational companies offering free subscriptions)
- [Amazing Educational Resources](#) (List of free educational resources)
- [Asking For Help In School](#)
- [Study Skills - Managing Your Time](#)
- [Thinking Skills + Video Games - Time Management](#)
- [Nearpod](#)

SOCIAL/EMOTIONAL

- [Body Scan for Kids](#)
- [Guided Breathing Body Scan for Kids](#)
- [Mindful Breathing](#)
- [Stress Relief](#)
- [Newsela SEL](#)
- [Calm](#)
- [Humble Warriors Yoga YouTube Channel](#)
- [Positive Journal](#)

COLLEGE AND CAREER

- [College + Career Readiness Video](#)
- [CareerOneStop](#)
- [Getting Into College - Info for Middle Schoolers and Families](#)
- [Education Planner - Career Clusters Activity](#)
- [College of Foundation of North Carolina](#)

DIGITAL COUNSELING RESOURCES

PARENT RESOURCES

- [Parent Toolkit](#)
- [What To Do \(And Not Do\) When Children Are Anxious](#)
- [Coronavirus Explained for Kids](#)
- [Coping with COVID-19](#) (Free download from The Guidance Alliance)
- [Talking to Children About COVID-19: A Parent Resource](#)
- [My Kid's School is Closed, So Now What-Confident Parents Confident Kids](#)
- [Sample Daily Family Schedule While School is Closed](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)

COMMUNITY RESOURCES FOR FAMILIES

*****DUE TO THE CORONAVIRUS, THESE COMMUNITY AGENCIES MAY HAVE A CHANGE IN CAPACITY TO SERVE FAMILIES AND MAY HAVE LIMITED HOURS OR CLOSINGS.*****

- [Community Resources](#)

APPS

