

## **Stress Management, Mindfulness and Mind/Body Resources:**

- Essential Exercises for Calming Anxiety:  
<https://www.psychologytoday.com/us/blog/anxiety-zen/201701/3-essential-exercises-calm-anxiety>
- Free Mindfulness classes for Kids:  
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>
- Yoga and mindfulness classes for kids on YouTube:  
<https://www.youtube.com/user/CosmicKidsYoga>
- Hip-Hop dance moves for kids:  
<https://www.howcast.com/search?query=dance+moves+for+kids>
- Virtual Calming Room:  
<https://sites.google.com/wayzataschools.org/virtualcalmingroom/home>
- Mind-body calming practice:  
<https://www.heartmath.org/resources/courses/>
- Body-based therapeutic tapping practices for parents, kids and teens:  
<https://www.thetappingsolution.com/blog/tapping-parents-children-teenagers/>
- Coronavirus stress and anxiety reduction resources:  
[https://www.thetappingsolutionapp.com/?branch\\_match\\_id=782361647658050030](https://www.thetappingsolutionapp.com/?branch_match_id=782361647658050030)
- Body-based therapeutic tapping practices for parents, kids, and teens:  
<https://www.thetappingsolution.com/blog/tapping-parents-children-teenagers/>
- Teacher Self-Care tapping meditations:  
<https://www.thetappingsolution.com/blog/tapping-solution-app-teacher-self-care-tapping-meditations/>