

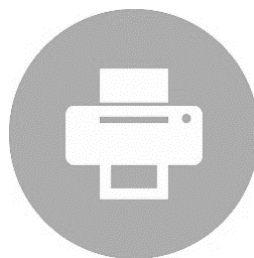
# Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

## Caregiver Resources



**The Practical Magic of Daily Routines**  
[Routines](#)

**Mindfulness for Parents**  
[Mindfulness](#)

**Parent Help 123**  
<https://www.parenthelp123.org/>

## Try these APPs



**Happify:** Overcome negative thoughts, stress, and life's challenges  
<https://www.happify.com/>

**Khan:** fun educational program for children ages two to seven.  
<https://learn.khanacademy.org/khan-academy-kids/>

## Printable Activities



**Collecting and Sorting**  
[Activity](#)

**Caring for Each Other BINGO**  
[Activity Pack](#)

**Bunny Origami**  
[Craft](#)

**Returning to School- Changes**  
[What Changes, What Stays the Same](#)

## Play & Learn Websites



**Pete the Cat- videos, songs, printable activities**  
<http://www.petethecatbooks.com/songs/>

**Suessville - games, activities, and printables**  
<https://www.seussville.com/>

## Videos to Watch



**Sesame Street**

**Back to School with Elmo**