Digital Family Resource List

Caregiver Resources
How to be more compassionate with yourself
Self-Care
Mindfulness is a parent superpower
Mindfulness
Parent Help 123
https://www.parenthelp123.org/

Try these APPs
Stop Breath Think
Meditation App
Breath Think Do
Belly Breathing

Printable Activities
Sharing Your Creativity
Activity Pack-EN
Activity Pack-SP
DIY Fun Spinner
Craft
I Have Big Feelings
Activity
Breath Think Do
Card

Play & Learn Websites
Breath Think Do Game
game
Sesame Street Games
https://pbskids.org/sesame/games/

Videos to Watch
Sesame Street
Cranberry Muffins