

Social-Emotional Learning for Kids

Meditation Apps

Breathe, Think, Do with Sesame – ages 4+

DreamyKid Meditation App Just for Kids – ages 8+

Meditations for Kids – ages 4+

Stop, Breathe & Think Kids: Focus, Calm & Sleep – ages 6+

Super Stretch Yoga – 4+

Wuf Shanti Yoga Fun Machine – ages 3+

Websites for At Home Social Emotional Learning

[Character Tree – Positive Character Traits](#)

[Cosmic Kids – Yoga for Kids](#)

[Go Noodle – Brain Breaks for Kids](#)

[Greater Good in Education – Science Based Practices for Kinder, Happier Schools](#)

[Growth Mindset Toolkit for Parents](#)

[Move this World – Social Emotional Resources for Schools and Families](#)