



Be Calm: Resources for Adults and Youth

For Parents and Educators

[Helping Kids Handle Worry](#)

It's natural for all kids to worry at times, and because of personality and temperament differences, some may worry more than others.

[Deep Breathing Exercises for Kids](#)

Breathe along with kids to help them self-calm.

[Calming Anxiety in Kids](#)

This site has fun projects like creating a calm toolkit, breathing exercises to do with kids, how to make a calm down spot in your home, and a video on how to make a calming jar.

[Controlled Breathing Practices for Adults](#)

When adults are calm, it calms everyone around them. Teens can use these breathing exercises too.

[The Happiness Lab: Beat Your Isolation Loneliness](#)

This podcast for adults comes from Dr. Laurie Santos at Yale University. It has ideas about staying connected during these times of social isolation.

[Helping Children Cope with Emergencies](#)

This information is in Spanish and English from the Center for Disease Control and Prevention..

[Mental Health and Coping during COVID19](#)

This document has information on common reactions of adults and youth, how to support youth, and how to respond to individuals leaving quarantine.

[Well-being Toolkit for Children, Educators, and Parents](#)

Center for Healthy Minds toolkit has tips, audio and video practices, the Kindness Curriculum and more.

For Kids

[Relax and Unwind Center](#)

Information and effective exercises for kids including yoga videos, relaxation exercises, and more

[Belly Breathe with Elmo](#)

Breathe along with Elmo in this fun video. All ages of kids like this video.

For Teens

[Stress and Coping Center for Teens](#)

Learn about some of the things that can cause stress and get tips on how to manage when you're feeling overwhelmed.

[Relaxation Exercises: Breathing Basics for Teens](#)

Podcasts guide teens through breathing practices.

Calming Apps for Adults

Calm (free)
Headspace
Colorfy (adult coloring, free)
Breathe2Relax (free)
Insight Timer (free)

Apps for Youth

Breath Think Do with Sesame (free)
Calm with Calm Kids (free)
Three Good Things: A Happiness Journal (free)
Smiling Mind (all ages, free)