

## Resources to Build Resilience

**Imagine Neighborhood:** Podcast for students and parents to practice social-emotional skills and discuss topics such as the coronavirus.

<https://www.imagineneighborhood.org/>

**MindYeti**-program for parents to do alongside their children to practice mindfulness during this stressful time.

<https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw> (English)

<https://www.youtube.com/playlist?list=PLiaUKiwbiHMSzAac5smgxc98Huui9KwC-> (Spanish)

**Little Children: Big Challenges:** Resources to build young children's resilience.

<https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/general-resilience/>

**ParentTeen Connect:** an online experience to help parents and teens address "hot-button" topics.

<http://www.parentteenconnect.org/>

**Cosmic Kids Yoga:** fun yoga exercises on YouTube for kids.

<https://www.youtube.com/user/CosmicKidsYoga>