

Links Supporting Children at Home

- [Scholastic Learn At Home Program](#): An activity portal of free daily courses for kids
- [Mystery Science](#): Free Science lessons for students in kindergarten to 5th grade
- [Hippocampus.org](#): 7,000 free videos across 13 subject areas
- [Mindfulness Resources for Teens](#): Techniques for developing the skills to be present and aware every day
- [15 Mindfulness and Relaxation Apps for Kids with Anxiety](#): Technological solutions that support addressing and overcoming stress and anxiety
- [Emotional ABCs](#): Social-emotional learning resources and programs
- [GoNoodle](#): Movement and mindfulness videos created by child development experts



NGB BEST PRACTICES

PEOPLE & CULTURE

CONNECTING · SHARING · LEARNING