

Diaphragmatic/Belly Breathing video: “Two minutes Mindfulness: Balloon Breaths/Belly Breaths - Breathing exercise for Children” by Fablefy – The Whole Child
<https://www.youtube.com/watch?v=2PcCmxEW5WA>

BioBelly Interactive Breathing Phone App (to aid in Belly Breathing exercises)
<https://apps.apple.com/us/app/bellybio-interactive-breathing/id353763955>

Progressive Muscle Relaxation video: “Progressive Muscle Relaxation for Kids” by gozenonline
<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Guided Imagery video: “Hot Air Balloon Ride: A Guided meditation for Kids, Children's Visualization For Sleep & Dreaming” by Sleep Easy Relax – Keith Smith
<https://www.youtube.com/watch?v=vlv6Y1tq1sQ>

Challenging Negative Thoughts worksheet from TherapistAid.com
<https://www.therapistaid.com/therapy-worksheet/challenging-negative-thoughts>

Screen Time App – parental control app to monitor how much time children spend online & what websites they are viewing
<https://screentimelabs.com/>

Behavioral Health resources for children via Nemour’s Children’s Hospital
<https://nemours.org/kidscope>

NAMI Delaware’s COVID-19 Resources page:
<https://namidelaware.org/covid19-resources>