**Social Distance**

<https://www.youtube.com/watch?v=DA_SsZFYw0w> Time to come in Bear

<https://www.youtube.com/watch?v=4ex4H6n_s7w> Social Distancing / CBC Kids News

<https://www.youtube.com/watch?v=9rMJ8IDU2LI> Why Schools are closed / CBC Kids News

**Coronavirus**

<https://www.youtube.com/watch?v=OPsY-jLqaXM> What is Corona Virus – Nanogirl ( she does an experiment to show how it is important to wash your hands )

<https://www.youtube.com/watch?v=R-JbDMYmAQM> Corona Virus – Dr. Binoc

<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/> Social Story for Corona Virus

<https://www.edenderry.org/parents/news/asd-coronavirus-social-stories/> Social Story for Corona Virus – gets the learner to interact about their feelings about what is going on, etc.

**Yoga**

<https://www.cosmickids.com/> Children’s yoga

**Self Regulation**

<https://www.bing.com/videos/search?q=self+regulation+youtube&docid=608006620945842925&mid=C4341038569FB421DA0BC4341038569FB421DA0B&view=detail&FORM=VIRE>

Explanation of self regulation with Cookie Monster

<https://www.bing.com/videos/search?q=Teaching+Self-Regulation&&view=detail&mid=2573CE12758F3E4920E72573CE12758F3E4920E7&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3DTeaching%2BSelf-Regulation%26FORM%3DVDMHRS>

Explanation of Self Regulation and games that families can play together

<https://www.yourtherapysource.com/blog1/2017/05/16/games-practice-self-regulation-skills/>

Examples of easy self regulation games that require no prep 😊

**Feelings**

<https://www.powerfulmothering.com/30-games-activities-and-printables-to-teach-emotions-to-young-kids/>

Printable games as well as easy to replicate ideas about emotions

<https://www.classcraft.com/blog/features/the-5-best-social-emotional-learning-apps-for-teachers/>

Potential useful apps for emotional learning

<https://www.thepathway2success.com/using-games-to-teach-social-emotional-skills/>

Some great boardgames in this link however they are for purchase to print.

**Mindfulness / Breathing exercise**

<https://www.bing.com/videos/search?q=mindfulness+meditation+for+kids&&view=detail&mid=E5D8F0464EC2476997F4E5D8F0464EC2476997F4&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmindfulness%2Bmeditation%2Bfor%2Bkids%26%26FORM%3DVDVVXX>

interactive book about breath \*\* the book is read and then a teacher models it with students. 😊

<https://www.bing.com/videos/search?q=mindfulness+meditation+for+kids&&view=detail&mid=849929FFDC53F748BC77849929FFDC53F748BC77&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmindfulness%2Bmeditation%2Bfor%2Bkids%26%26FORM%3DVDVVXX>

Square breathing interactive

<https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/>

game ideas to do with kids at home

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>