








## OPP BTB's resources for Children's Mental Health & Wellness

	<p><a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a></p>	<p>GoNoodle gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best.</p>
	<p><a href="https://www.cosmickids.com/category/watch/">https://www.cosmickids.com/category/watch/</a> <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>	<p>Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world. • Stream all the videos ad-free: <a href="https://app.cosmickids.com">https://app.cosmickids.com</a></p>
	<p><a href="https://www.calm.com/blog/take-a-deep-breath">https://www.calm.com/blog/take-a-deep-breath</a></p>	<p>Calm's mission is to make the world happier and healthier. Calm is a meditation, sleep and relaxation app, available in both the App Store and Google Play store. We are dedicated to introducing our world-wide <b>Calm Community</b> to the amazing benefits of mindfulness.</p> <p>Calm features sleep stories geared specifically to helping children with falling asleep. There is a free version of the app, but you need to pay for the full version; however, Calm has put together some free resources to help during the pandemic.</p>
	<p><a href="https://www.cps.ca/en/blog-blogue/supporting-youth-with-anxiety-disorders-during-the-covid-19-pandemic">https://www.cps.ca/en/blog-blogue/supporting-youth-with-anxiety-disorders-during-the-covid-19-pandemic</a></p>	<p>An article discussing how to support children and youth dealing with anxiety during the pandemic, prepared by the Canadian Paediatric Society.</p>

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	<p><a href="https://letsembark.ca/time-capsule">https://letsembark.ca/time-capsule</a></p>	<p>Help children deal with their thoughts and feelings about the pandemic by creating a time capsule.</p>
	<p><a href="https://www.headspace.com/covid-19">https://www.headspace.com/covid-19</a></p>	<p>A meditation and mindfulness app, with a specific area of activities geared towards kids. Although the app has a yearly fee, they are offering access to many resources right now free of charge to help people cope with the pandemic.</p>
	<p><a href="https://genmindful.com">https://genmindful.com</a></p>	<p>Generation Mindful creates educational <a href="#">tools and toys that nurture emotional intelligence</a> via play and positive discipline, and our mission is to raise an emotionally healthy world. They offer some free resources to help us teach and talk about emotions in ways that speak to children and their families.</p>