

Virtual Calming Resources

What helps you feel calm and optimistic in tough times?
Stacey White (WRDSB Special education resource teacher)



CALMING SOUNDS

Lay Down on the Floor and Rest
to the [Waterfall](#)

Chill with Relaxing
[DisneRelaxing Disney Piano
Music ~ Beautiful Music for
Studying & Sleepy Melodies](#)



GUIDED MEDITATION

Calm Kids Meditation:
[That Safe Happy Place](#)

5 Minute Meditation:
[Relax & Recharge](#)

Mindful Walking:
[Cosmic Kids Sample](#)
Then go outside and try it.



STRETCHING AND YOGA

Relaxing Full Body
[Stretch](#)

[Yoga with Adriene](#)
(my favorite)
Linked to Yoga for Vulnerability,
but there are lots of options.

[6 Minute Relaxing Stretch](#)
for Stress Relief




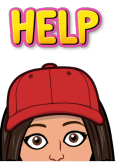


VISUALIZE VISUAL RELAXATION

Curl up and read by the
[Fireplace](#)

Allow these [ocean animals](#) to
relax and mesmerize you.

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 <p>PUZZLES AND GAMES</p>	<p>Work on an online Puzzle</p>	<p>Complete a digital Word Search</p>	<p>Try this number puzzle</p>
 <p>COLOURING</p>	<p>Mandalas</p>	<p>Doodle Art Gallery Colouring Quotes</p>	<p>Online (or Print) Stress Reducing Colouring Pages</p>
 <p>APPS TO DOWNLOAD</p>	<p>Calm App (My Go To App)</p>	<p>Stop, Breathe, Think</p>	<p>Read all of these Self Affirmations and know that they are true</p>
 <p>EVERYBODY NEEDS SOME HELP SOMETIMES</p>	<p>Text, Phone or Online Resources Kids Help Phone</p>	<p>Anxiety Canada Resources</p>	<p>Kitchener Waterloo Crisis Support Self Care For Students</p>