

Summer SEL Activities

[ABC Mouse](#) (free 30 day subscription, ages 2-8)

[Second Step](#)

[Emotional ABCs](#) (ages 4-11)

[Mind Yeti](#) (English & Spanish resources available)

[EQ in your PJs](#) - High School/Parents/Families

[SEL Passport Challenge](#) (K-5)

[How to Create a Calm Down Corner](#)

[Go Zen! \(ages 5-15\)](#)

[Howard B. Wigglebottom Books](#)

[Video-Based Social Skills Curriculum](#)

[Lessons for SEL](#)

[SEL Home Learning Packet](#) (2nd-8th)

[Centervention](#) (K-8th)

[Counselor Keri Worry Warriors](#) (3rd-5th)

[Virtual Calming Room](#)

[A to Z Coping Skills](#) (elementary)

[Therapy in a Nutshell: Anxiety and Relaxation Series](#) (high school)

[Therapy in a Nutshell: How to Fall Asleep When Stressed](#) (high school)

[Therapy in a Nutshell: Progressive Muscle Relaxation](#) (high school)

[Pathway 2 Success](#)

[The Calming Space](#)

[Wide Open School](#) (preschool-12th)

Brain Breaks/Mindfulness

[Go Noodle](#)

[Jack Hartmann Videos](#)

[The Learning Station](#)

[Cosmic Kids Yoga](#)

[Calm](#)

[Headspace](#)

Staying Active

HIIT for Kids: <https://hes-extraordinary.com/improve-emotional-regulation-just-7-minutes-per-day>

[Cosmic Kids Yoga](#)

[25 Activities to Keep Kids Active](#)

[Active Indoor Games](#)

[50 Fun Activities for Kids](#)

[Real Play Coalition](#)

[Simple Activities for Children and Adolescents](#)

[Engineering Challenges for Kids](#)

[YMCA Online Classes](#) (adult, Kids, Youth Sports)

[Nike Training Club](#) (free premium membership)

[Orange Theory](#)

[Exercise Buddy](#) (Autism Friendly Exercise System)

Virtual Field Trips/Activities

[Virtual Marine Dives](#)

[San Diego Zoo Cams](#) (watch penguins, giraffes, hippos and more!)

[PBS Kids Games](#)

[Visit National Parks](#)

[Smithsonian National Air and Space Museum](#)

[Visit Mars](#)

[20 Virtual Field Trips to Take with Your Kids](#)

[Explore The World](#)

[Hogwarts Digital Escape Room](#)

Educational

[Crash Course](#) (mini lessons for high school students)

[Khan Academy](#) (education resources in 40 languages)

[New York Public Library](#) (K-12)

[Audible](#) (free 30 day trial for audio books)

[Libby App](#) (read books for free with library card)

[International Children's Library](#) (many languages)

[Read The Harvard Classics](#) (late high school and college)

[Epic!](#)

[Varsity Tutors FREE Online Summer Camp](#)

[Common Lit](#) (3rd-12th)

[Book Creator](#)

[Breakout Edu Games](#)

[C K-12 Foundation](#)

[Scholastic](#) (pre-k -9th)

[Minecraft Education Edition](#)

[Rockalingua \(Spanish Based Music Learning\)](#)

Use your St. Louis County Library card and check out their [virtual branch](#). Learn a new language on Mango for free