

Elementary

- ☐ [Parent tips for supporting Sanford Harmony at home](#)
- ☐ YouTube Channel- [Sanford Harmony Read Alouds](#)
- ☐ Harmony at Home Toolkit by Sanford Harmony- coming soon!
- ☐ Parent Support/ Education:
 - ☐ [Mindfulness/Growth Mindset Presentation](#)
- ☐ 30 Days of Kindness Practice
- ☐ [GoNoodle](#)
- ☐ [Character Strong- Digital Resources](#) (Sign up for free resources)

Secondary

- ☐ Common Sense Media- [Apps to Help with Mental Health](#)
- ☐ Common Sense Media- [Social & Emotional Learning](#)
- ☐ [Calm.com](#)
- ☐ Centervention- [Free Social Emotional Learning Activities](#)
- ☐ [Character Strong- Digital Resources](#) (Sign up for free resources)

Staff/ Parents

- ☐ [Recorded mindfulness sessions](#)
- ☐ [Calm.com](#)
- ☐ [The Character Lab](#)
- ☐ [Mindful Schools Videos](#)
- ☐ [Podcast- 10% Happier](#)
- ☐ [Peloton App](#)- 90 days for free!
- ☐ [A Parent's Resources Guide to Social and Emotional Learning](#)