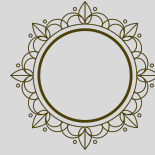


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VIRTUAL OFFICE



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ASCOTT@SOCSD.ORG
(845) 680-1671



MINDFULNESS

YOGA

VISUAL
RELAXATION

APPS

RESOURCES

SOOTHING
SOUNDS

ACTIVITIES &
GAMES

ANNOUNCEMENTS
AND GROUPS

SELF CARE

GUIDED
MEDITATION

TZHS
BUILDING
RESOURCES

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RESOURCES

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YOGA

MINDFUL
BREATHING



STOP BREATHE
& THINK

5 MINUTE
QUICK ANXIETY
REDUCTION



MINDFULNESS

better
understand



PRACTICING
MINDFULNESS



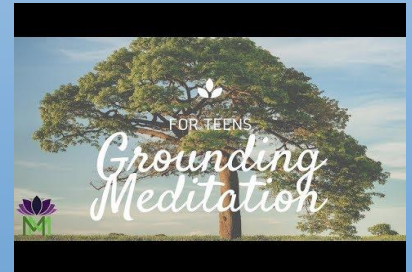
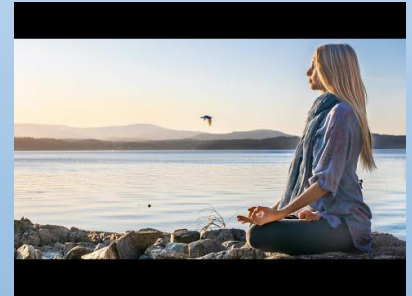
Epworth

MOMENTS OF
MINDFULNESS
EPWORTH
CLINIC

RELAX THE BODY
QUIET THE MIND
FOCUS ON THE PRESENT

GUIDED MEDITATION

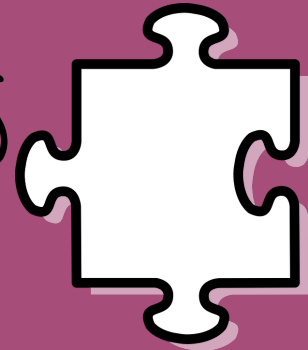
MINDFULNESS FOR TEENS - GUIDED MEDITATION AUDIO



FLUID
SIMULATION

TOUCH PIANIST

ACTIVITIES & GAMES



COLORING

SKETCH PAD

JIGSAW
PUZZLE

CREATE YOUR
OWN DANCE

SUDOKU

SILK MIRROR

WORD SEARCH

MENSA
GAME ROOM

PRINTABLE
COLORING
PAGES



RAIN



BIRDS AND NATURE



OCEAN



AMBIENT



CAMPFIRE

SOOTHING SOUNDS





VISUAL RELAXATION

CLICK ON THESE LINKS FOR
LIVE ANIMAL FOOTAGE

[BELUGA WHALE CAM](#)

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[PUPPY CAM](#)

[PENGUIN CAM](#)

SELF CARE TOOL KIT

MANAGING STRESS

SELF CARE DURING COVID-19

IMPORTANCE OF SLEEP

EXERCISE

UNPLUG FROM TECHNOLOGY

SELF CARE



ACTIVITIES



SELF CARE CHECK UP

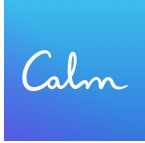
APPS



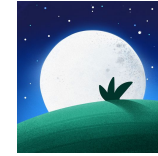
FOLLOW [@TZHSCOUNSELING](#) ON INSTAGRAM FOR UPDATES FROM OUR COUNSELING DEPARTMENT



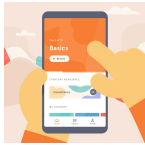
[SAM FOR ANXIETY](#)



[CALM FOR MEDITATION](#)



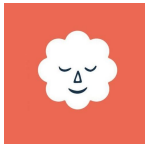
[RELAX MELODIES FOR SLEEP](#)



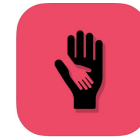
[HEADSPACE FOR MEDITATION](#)

GRIT X

[GRIT X FOR SOCIAL EMOTIONAL SUPPORT](#)



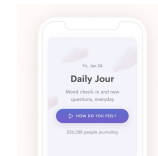
[STOP, BREATHE, THINK](#)



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TZHS BUILDING RESOURCES

