

# Social and Emotional Care for Students and Families

Tips and strategies for students and families to practice self-care

## ZONES OF REGULATION

Zones of Regulation is used in many of K-8 classrooms, to help regulate emotions. At [zonesofregulation.com](http://zonesofregulation.com), there are free downloadable handouts in Spanish, French and English.

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

## SANFORDHARMONY.ORG

A free Pre-K through sixth-grade social and emotional program can be located at: [sanfordharmony.org](http://sanfordharmony.org).

## HEALTH WORLD

Pure Brain Breaks provide easy strategies to alleviate and to calm overstimulated minds. Go to: [healthwoldeducation.org/pure-edge-brain-breaks](http://healthwoldeducation.org/pure-edge-brain-breaks). The exercises are 1-5 minutes in length. This is a free resource providing videos and exercises.

## STOP, BREATHE, THINK

[Stopbreathethink.com](http://Stopbreathethink.com) is a free app that includes check-ins, meditation and breathing exercises for adults and children.



## MINDFUL.ORG

[Mindful.org](http://Mindful.org) is great resource for older students and adults. It is loaded with articles cultivating calm. There is a limited free trial and then a paid subscription for those who want full access.



## VIRTUAL HOPE BOX

Virtual Hope Box is a free app for older students that includes visual reminders, puzzles, inspirational quotes, guided meditation, breathing exercises, and coping tools.



## CHILDHOOD101.COM

[childhood101.com/yoga](http://childhood101.com/yoga) has step-by-step posters for parents and children to learn yoga together. The website is also helpful for creating fun lessons.



take good care of  
yourself

## CALM

Calm is an app for older students. It is filled with guided meditations, sleep stories, breathing and music. There is a subscription fee of \$12.99 per month.

