**Leon County Schools Virtual Sensory Room**

**Parent Resources**

* Zones of Regulation Book Nook
  + <https://docs.google.com/document/d/1QjS5zvGC98GKZUldSTR3C4VjuShwx6akroKQL3FxGe8/edit>
* Make Social & Emotional Learning Stick
  + <https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/>
* ABC’s for Parents of Little Ones via Conscious Discipline
  + <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-ABCs-for-Parents-of-Little-Ones.pdf>
* How Do You Feel Chart via Conscious Discipline
  + <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-How_Do_You_Feel_Chart.pdf>

**Social Emotional Learning Resources**

* National Association of School Psychologists
  + <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
* LCS COVID-19 Website
  + <https://www.leonschools.net/Page/41522>
* CASEL Cares Initiative
  + <https://casel.org/covid-resources/>

**Breathing Strategies**

* Techniques
  + Square Breathing
    - <https://www.youtube.com/watch?v=YFdZXwE6fRE>
  + Five Finger Breathing
    - <https://www.youtube.com/watch?v=DSgOW879jjA>
  + Mindful Breathing
    - <https://www.youtube.com/watch?v=nmFUDkj1Aq0>
  + Counting Breaths
    - <https://www.youtube.com/watch?v=ljQxIzUQihs>
  + Safe Place Breathing
    - <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Safe_Place_Breathing_Icons.pdf>
  + Glitter Jar song
    - <https://www.youtube.com/watch?v=-Gy1brc8B-c&feature=youtu.be>
  + 4-8-7 Breathing Exercise by GoZen
    - <https://www.youtube.com/watch?v=Uxbdx-SeOOo&feature=youtu.be>
  + Sesame Street Teaching Belly Breathing
    - <https://www.youtube.com/watch?v=oFlKuSCw7ag&feature=youtu.be>
  + Rainbow Breathing
    - <https://www.youtube.com/watch?v=O29e4rRMrV4&feature=youtu.be>
* Apps
  + Breathe2Relax
    - <https://apps.apple.com/us/app/breathe2relax/id425720246>
  + Calm
    - <https://www.calm.com/>
  + Headspace
    - <https://www.headspace.com/>
  + Wellbeyond (Free through June)
    - <https://wellbeyond.com/kids/>

**Calming Resources**

* Music
  + The Kiboomers <https://www.youtube.com/watch?v=sbNZ1pi2Us8>
  + 417 Hz music <https://www.youtube.com/watch?v=RQK5_hENKWU>
* Brain Breaks and Active Calming via Conscious Discipline
  + <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-At-Home-Brain-Breaks-and-Active-Calming.pdf>
* Story Hand via Conscious Discipline
  + <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Story_Hand.pdf>

**Social Stories**

* We Wear Masks
  + <https://m.youtube.com/watch?v=lnP-uMn6q_U&feature=youtu.be#menu>
* Why Can’t I Go to School? via Conscious Discipline (5 languages)
  + <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Why-Cant-I-Go-to-School-Social-Story.pdf>
* Masks and Gloves via Conscious Discipline
  + <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Masks-and-Gloves-Social-Story.pdf>
* Shubert and Sophie Stay Home via Conscious Discipline
  + English: <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Shubert-and-Sophie-Stay-Home.pdf>
  + Spanish: <https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Shubert-y-Sophie-se-Quedan-en-Casa.pdf>

**Books for Listening (free)**

* Kids Audio Books on YouTube
  + <https://www.youtube.com/playlist?list=PLvlkzX1j60llpfn93A22ZxXEURGblPgkS>
* Jack’s Worry by Sam Zuppardi
  + <https://www.youtube.com/watch?v=TQ0wyzjr5mg>
* I Can Handle It! by Laurie Wright
  + <https://www.youtube.com/watch?v=M9HiJwI1DsQ>
* Ruby Finds a Worry by Tom Percival
  + <https://www.youtube.com/watch?v=VCyiiHI2SJU>

**Yoga**

* Kidding Around Yoga
  + <https://www.youtube.com/user/kiddingaroundyoga/videos>
* Cosmic Kids! Yoga
  + <https://www.youtube.com/user/CosmicKidsYoga>
* Yoga for Kids with Alissa Kepas
  + <https://www.youtube.com/watch?v=4ZpkRAcgws4>
* Yoga with Adriene
  + <https://yogawithadriene.com/yoga-for-kids/>
* Storyhive Yoga
  + <https://www.youtube.com/watch?v=X655B4ISakg>