

Resources to Support Family Wellness

The following resources provide information, tips, and suggestions for families to work together to encourage mindfulness, healthy habits, and wellness as well as for adults to support students in developing resilience, grit, and a growth mindset while learning remotely.

Encouraging Mindfulness and Wellness

Why Teaching Mindfulness Benefits Students' Learning

- <https://www.kqed.org/mindshift/31291/why-teaching-mindfulness-benefits-students-learning>

It's Time to Focus on Mindfulness

- <http://thecorecoaches.com/2020/03/mindfulness-at-home-distance-learning/>

25 Fun Mindfulness Activities for Children and Teens

- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Staying Healthy and Active with Virtual and At-Home Learning

- <https://www.actionforhealthykids.org/staying-healthy-and-active-with-virtual-and-at-home-learning/>

Keeping Your Children Active and Healthy While Distance Learning

- <https://nextcare.com/health-journal/keeping-children-active-healthy-distance-learning/>

15 Ways to Keep Kids Active Indoors (Even If You Don't Have Much Space)

- <https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

Developing Resiliency, Grit, and a Growth Mindset

10 Ways Parents Can Bring Social-Emotional Learning Home

- <https://www.edsurge.com/news/2020-04-02-10-ways-parents-can-bring-social-emotional-learning-home>

Encouraging Students to Develop Resilience

- <https://www.edutopia.org/article/encouraging-students-develop-resilience>

The Power of Defeat: How to Raise a Kid with Grit

- <https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/power-defeat-how-to-raise-kid-grit.html>