

# YouTube Links

## Fablefy - The Whole Child



<https://www.youtube.com/channel/UCGYeWtdm9GXycdgkLph9Rcw>

- Fly With Able and Fy is dedicated to bringing mindfulness to parents and children
- Through the interactive animated series which can be used anywhere to help you grab a moment of peace in your life, we aim to create a space where you and your children can live mindfully.

## Stop, Breathe & Think



<https://www.youtube.com/channel/UckB9zEEqnP9kMif5VChd99Q/videos>

- At Stop, Breathe & Think, we believe that taking a few minutes each day to feel the calm is as important as regular exercise.
- If we can help more of you regularly find peace of mind, we're doing our part to help make the world a better place.

## Moovlee



[https://www.youtube.com/channel/UCsSS5kMpKCaJ\\_HhTM9-HKHg](https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg)

- Not all screen time has to be unhealthy!
- Moovlee is all about using exercise, meditation and breathing techniques to help children with their social, emotional and physical development.
- Kids will benefit from these videos more if adults follow along too and help them perform movements, so get the whole family moving!

## "Emotions" - StoryBots Super Songs Episode

8 | Netflix Jr



<https://www.youtube.com/watch?v=akTRWJZMks0&list=PLPphPHIzdSQOalc1JEGpPHdfSAQNKOm45&index=4&t=0s>

- Get ready for all the feels with the episode of "StoryBots Super Songs." Help your child understand their emotions with songs about feeling happy, sad, and more!

The StoryBots are curious little creatures who live beneath our screens, offering a world of learning and fun for kids. The Emmy Award-winning "Ask the StoryBots" is now streaming on Netflix!

GoZenonline



- <https://www.youtube.com/user/gozenonline/videos>
- GoZen! is an organization dedicated to the relief of childhood anxiety.
- To this end, we provide a unique online course that uses engaging animations to teach kids how to understand, manage and control their anxiety.

Sesame Street



- <https://www.sesamestreet.org/>
- We care about one thing: children. And we're working to meet their needs in all sorts of ways: educating with great shows and other content full of endearing characters and proven educational value, enriching lives and creating possibilities with social impact work around the world, and building experiences that bring families of all shapes and sizes together.
- Sesame Street seeks to meet children's development needs with critical early education, social impact programs, and a large dose of fun! This is offered through an array of games, videos, and art activities.

YouTube: Sesame Street



- <https://www.youtube.com/user/SesameStreet/featured>
- Your child will enjoy a series of educational videos featuring healthy habits, social skills, and more!

SEL: Self-Awareness Lessons Gerod

(for Parents to Review with their Students)



- <https://www.youtube.com/watch?v=AS8mOtBmQcE>
- <https://www.lessonsforSEL.com/video-resources>
- Each lesson can be used to help boost core social-emotional learning skills and help promote the core competency of self-awareness.
- The video contains three reflection questions. Be sure to pause the video at each question to allow adequate time for your students/children to respond.
- Access to videos will be FREE during COVID-19 school closures. New videos will be posted every day to the YouTube channel and website at 7:30 a.m.!