



Be Calm: Resources for Adults and Youth

For Parents and Educators

[Helping Kids Handle Worry](#)

It's natural for all kids to worry at times, and because of personality and temperament differences, some may worry more than others.

[Deep Breathing Exercises for Kids](#)

Breathe along with kids to help them self-calm.

[Calming Anxiety in Kids](#)

This site has fun projects like creating a calm toolkit, breathing exercises to do with kids, how to make a calm down spot in your home, and a video on how to make a calming jar.

[Controlled Breathing Practices for Adults](#)

When adults are calm, it calms everyone around them. Teens can use these breathing exercises too.

[The Happiness Lab: Beat Your Isolation Loneliness](#)

This podcast for adults comes from Dr. Laurie Santos at Yale University. It has ideas about staying connected during these times of social isolation.

For Kids

[Relax and Unwind Center](#)

Information and effective exercises for kids including yoga videos, relaxation exercises, and more

[Belly Breathe with Elmo](#)

Breathe along with Elmo in this fun video. All ages of kids like this video.

For Teens

[Stress and Coping Center for Teens](#)

Learn about some of the things that can cause stress and get tips on how to manage when you're feeling overwhelmed.

[Relaxation Exercises: Breathing Basics for Teens](#)

Podcasts guide teens through breathing practices.