

## COUNSELING RESOURCES

If you are in need of social/emotional resources, please go to the CCPS webpage, at [www.carrollk12.org](http://www.carrollk12.org) and find the link on the left hand side that says, "CCPS Learning Resources". Once there, on the top right hand corner, there will be a link that says, "Social/Emotional". If you click on the link, you will be taken to a page that has information on Wraparound Resources, Coronavirus Related Resources, Routine Structure, and Behavior, and Wellness & Social Emotional Learning Activities.

Some additional Mindfulness apps for kids are:

- **Down Dog App** -You can get a free membership until July 1 to this app. It ranges in time, difficulty levels, types of yoga, etc.
- **Movement and mindfulness** videos: <https://www.gonoodle.com>
- **Calm App** – This app is free for Android and iTunes and helps users with practicing meditation. This app also has a function call "sleep stories" to help kids fall asleep easier. There's also a special section for "Calm Kids," but parents may like this app so much they'll want to use it as well.

Parents and students can also reach out to Shiloh school counselors, Mr. Daily ([rldaily@carrollk12.org](mailto:rldaily@carrollk12.org)) & Mrs. Gallagher ([sdgalla@carrollk12.org](mailto:sdgalla@carrollk12.org)) to set up times to meet by email, phone, or virtually during normal school hours.