



**BOYS & GIRLS CLUBS**  
OF THE COASTAL PLAIN

## **Health and Wellness Parental Resources Provided by School Systems Serving BGCCP Youth**

As of April 8, 2020

### **Health & Life Skill**

- GONOODLE- GoNoodle® engages 14 million kids every month with movement and mindfulness videos created by child development experts. <https://www.gonoodle.com/>
- Good Morning America: Self-Care Tips: [https://www.goodmorningamerica.com.cdn.ampproject.org/c/s/www.goodmorningamerica.com/amp/wellness/story/squeeze-care-minute-15-minutes-hour-63960639?fbclid=IwAR3s1FkFJpJ3VpUogEldF3I\\_i3wg7MdOdrqk-H9s9WAKMmoqfw-r-R3uY4](https://www.goodmorningamerica.com.cdn.ampproject.org/c/s/www.goodmorningamerica.com/amp/wellness/story/squeeze-care-minute-15-minutes-hour-63960639?fbclid=IwAR3s1FkFJpJ3VpUogEldF3I_i3wg7MdOdrqk-H9s9WAKMmoqfw-r-R3uY4)
- Lessons in Socio-Emotional Wellness: [https://www.youtube.com/channel/UCo0zW6kLPq2Ns\\_51AaZN0IQ](https://www.youtube.com/channel/UCo0zW6kLPq2Ns_51AaZN0IQ)
- Yoga with Adrienne: <https://www.youtube.com/user/yogawithadriene>
- Talking to Children About COVID-19: <https://www.pitt.k12.nc.us/Page/6221>
- Coping with Stress During Infectious Disease Outbreaks: <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- What You Need to Know About COVID-19: <https://www.pitt.k12.nc.us/Page/6223>
- Meditation for Kids: [https://www.youtube.com/playlist?list=PLZnnWZRQ21N5\\_bgzO7r5hUxQGb36bNNE9](https://www.youtube.com/playlist?list=PLZnnWZRQ21N5_bgzO7r5hUxQGb36bNNE9)
- 10 Minute Sleep Meditation: <https://www.youtube.com/watch?v=GM2nK-n5Sn8&feature=youtu.be>
- Healthy Habits: <https://myfuture.net/programs/Healthy-Habits>
- The Importance of Washing Your Hands: <https://www.youtube.com/watch?v=neUTmGOLJys>
- Making Smart Decisions: <https://www.youtube.com/watch?v=QfT12vNwhJw>
- How to Set SMART goals: <https://www.youtube.com/watch?v=U4IU-y9-J8Q>
- EVERFI's Bully Prevention Training (Grades 8-12): <https://everfi.com/courses/honor-code/>
- Wellness & Mental Health Education (Grades 8-12): <https://everfi.com/courses/mental-wellness/>