

# MAYFAIR K-4 GUIDANCE RESOURCES

## **SUGGESTED BOOKS**

The list of 50 books in the linked website are suggestions for shared reading. The website also explains which skills are addressed in each book.

[50 Books for Social-Emotional Skills](#)

## **SUGGESTED WEBSITES**

[Stop Breathe Think](#) - check in with how you're feeling, and try short activities tuned to your emotions.

[Beyond Consequences](#) - offers proven solutions that go beyond ineffective traditional techniques that will help your children heal and help you enjoy being a parent again.

[Heart Math](#) - reliable, scientifically validated tools since 1991 helping people reduce and avoid stress while experiencing increased peace, satisfaction and enjoyment

[Mindful.org](#) - dedicated to inspiring, guiding, and connecting anyone who wants to explore mindfulness

[Heart Mind Online](#) - evidenced-informed resources that educate the hearts of children

[Family Education](#) - thousands of articles, printables, crafts, activities, videos, and more created by fellow parents and experts

[Sesame Street](#) - content you can use all day long to spark playful learning, offer children comfort, and focus a bit on yourself, too.

## **SUGGESTED APPS**

Headspace

Calm

Dreamykid

Stop, Breathe, and Think

Smiling Mind

I MISS  
YOU!

♥ MS. BARBER

