

Preschool Mental Health Resources

(All downloadable resources are available on the [Google Drive folder here](#).)

RESOURCES BY SOURCE

FOR ANXIETY

- **Child Mind Institute:** <https://childmind.org/>
The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.
 - [Anxiety](#)
 - [Anxiety and Mindfulness](#)
 - [Back to School Resources](#)
 - [Back to School Anxiety](#)
 - [Separation Anxiety](#)
 - [Tips for Calming Anxious Kids](#)
- **National Association of School Psychologists (NASP):** <https://www.nasponline.org/>
 - [Anxiety Overview](#)
 - [COVID 19 Handout](#)
- **The Anxiety Wellness Center:** <https://www.anxietywellness.com/>
Cary-based anxiety treatment center and resources
 - General videos on [anxiety](#)
 - [Separation Anxiety](#)
- **American Academy of Child & Adolescent Psychiatry:** <https://www.aacap.org/>
 - [Facts for Families](#)
- **Mindheart:** <https://www.mindheart.co/>
Child psychologist and family educator. Source of Coronavirus books.
 - [Coronavirus Book](#) (English)
 - [Coronavirus Book](#) (Spanish)
- **Emily King, PhD:** <https://www.parentingonyourownpath.com/>
Local psychologist who holds a Ph.D. in School Psychology and has over 15 years of experience working with children, parents, and teachers in both school, clinic, and private practice settings. She has written social stories and runs a course for parents.
 - Masks Feel Funny! ([ENGLISH](#)) OR ([SPANISH](#))
 - Masks Are Germ Blockers! ([ENGLISH](#)) or ([SPANISH](#))

FOR MINDFULNESS

- Big Life Journal (more growth mindset) - <https://biglifejournal.com/>
- Blissful Kids - <https://blissfulkids.com/>
- GoZen! - <https://gozen.com/>
- Mindful Life - <https://mindfullifetoday.com/>
- MindBE Education - <https://mindbe-education.com/>

RESOURCES BY TOPIC

Separation Anxiety

- [General Tips for the Classroom](#)
- [Child Mind Institute](#)
- [From the Anxiety Center](#)
- From NASP: [Back to School Transitions](#)

Supporting Children's Mental Health

- From [NASP](#)

Mindfulness/Coping Techniques

- [5 4 3 2 1 Coping Technique](#)
- [5 4 3 2 1 Printable](#)
- [Teaching Mindfulness to Children](#)
- [Tips to Overcome Worry](#) (printable)
- [Tips for Calming Anxious Kids](#)
- [Creating a Mindful Family](#)
- [10 Ways to Be a Mindful Parent](#)
- [Ways Parents Can Deal with Anxiety](#)
- [12 Bite-Sized Mindfulness Activities](#)
- [Mindful Life Camper Toolbox](#)
- [Mindful Life in Just Minutes a Day](#)
- [Mindfulness Miniposters](#)
- [Preschool Mindfulness Tips](#) (printable)
- [Managing Big Emotions](#) (printable)
- [GoZen! Mindfulness Activities](#) (printable)
- [Back to School Care Package](#) (printable)

COVID 19

- [From NASP](#)
- Coronavirus Book ([ENGLISH](#)) or ([SPANISH](#))
- [Seeing Other People Wear Masks](#)
- [What is Social Distancing](#)
- Masks Feel Funny! ([ENGLISH](#)) OR ([SPANISH](#))
- Masks Are Germ Blockers! ([ENGLISH](#)) or ([SPANISH](#))

Social Stories

- [Going Back to School in a Pandemic](#)
- Coronavirus Book ([ENGLISH](#)) or ([SPANISH](#))
- [Time for School](#)
- [Seeing Other People Wear Masks](#)
- [What is Social Distancing](#)
- Masks Feel Funny! ([ENGLISH](#)) OR ([SPANISH](#))
- Masks Are Germ Blockers! ([ENGLISH](#)) or ([SPANISH](#))