

DISTANCE LEARNING SUPPORT VIDEOS



FOSTERING EDUCATION FROM HOME: WHAT DO KIDS NEED TO LEARN RIGHT NOW?

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FOSTERING EDUCATION FROM HOME: ZOOM RESISTANCE:

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FOSTERING EDUCATION FROM HOME: FOLLOWING ROUTINES

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FOSTERING EDUCATION FROM HOME: LEARNING THROUGH DAILY ROUTINES:

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CONSEJOS PARA PADRES DURANTE APRENDIZAJE DE DISTANCIA. DISTANCE LEARNING TIPS IN SPANISH FOR PARENTS:

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RELAXATION AND STRESS MANAGEMENT

HELPFUL VIDEOS FOR YOU TO USE DURING STRESSFUL TIMES



Relaxed Breathing Training

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Kids Meditation - Five Finger Breathing

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Sesame Street Monster Meditation with Elmo

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Sesame Street Monster Meditation with Rosita

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Sesame Street Belly Breathing with Colbie Caillat and Elmo

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Sesame Street Belly Breathing with Rosita

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COUNTY OF SANTA CLARA
Behavioral Health Services