Peter Ewart Middle School

A Collection of Resources for our PEMSchool community.

Apps & Activities Online

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The members of our staff have compiled a list of useful resources to help parents communicate and explain the current COVID-19 situation to their children.

During this time, doing a daily check-in through an application such as **Mindshift** or **Booster Buddy** can be very helpful. Both include strategies to manage stress and anxiety.

# Anxiety Canada: This site has information on understanding anxiety

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

Mindshift (app): This app includes a daily check-in, with strategies to support based on needs.

# Booster Buddy App by Island Health

-This site has put out another app called Booster Buddy with similar daily check-ins

<https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app>

# Calm: An app for sleep, meditation, and relaxation

<https://www.calm.com>

Calm Breathing: Try out this calm breathing support  
<https://www.youtube.com/watch?v=5DqTuWve9t8>

# Try a Body Scan Relaxation <https://www.youtube.com/watch?time_continue=11&v=X462QPGZQt4&feature=emb_logo>

# Grounding Techniques <https://www.healthline.com/health/grounding-techniques#soothing-techniques>

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# Worry Rockets - an activity to alleviate worry

# <https://kidshelpphone.ca/get-info/worry-rockets>

1. Tension Release - an activity to calm your body

* <https://kidshelpphone.ca/get-info/tension-release-exercise/>

1. Vent it - two activities to help relieve your stress

* <https://kidshelpphone.ca/get-info/vent-it-music/>
* <https://kidshelpphone.ca/get-info/vent-it-baseball/>