

# Supplementary Resources to Support Families with Continuity of Learning

Self-Regulation/ Sensory Processing	Description	Type	For Special Education	Early Years	1-3	4-6	7-8	9-12
<a href="#">150 Sensory Learning Ideas</a>	Sensory home learning activities.  Supportive to students with <b>behaviour, communication, intellectual</b> and/or <b>physical</b> exceptionalities.	Website	✓	✓	✓	✓	✓	✓
<a href="#">Auto Draw</a>	Fast drawing for everyone.  Supportive to students with <b>behaviour, communication</b> and/or <b>intellectual</b> exceptionalities.	Website	✓	✓	✓	✓	✓	✓
<a href="#">Breathe2Relax</a>	Provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn stress management skills.  Supportive to students with <b>behaviour, communication, intellectual</b> and/or <b>physical</b> exceptionalities.	App	✓	✓	✓	✓	✓	✓
<a href="#">Breathe, Think, Do with Sesame</a>	Teaches the “Breathe, Think, Do” strategy for problem-solving as you help a Sesame Street monster friend calm down and solve everyday challenges.  Supportive to students with <b>behaviour, communication</b> and/or <b>intellectual</b> exceptionalities.	Website App	✓	✓	✓			

Self-Regulation/ Sensory Processing	Description	Type	For Special Education	Early Years	1-3	4-6	7-8	9-12
<a href="#">Chrome Music Lab</a>	<p>Makes learning music more accessible through fun, hands-on experiments.</p> <p>Supportive to students with <b>behaviour, communication, intellectual</b> and/or <b>physical</b> exceptionalities</p>	Website	✓	✓	✓	✓	✓	✓
<a href="#">Control the Weather</a>	<p>Control the weather.</p> <p>Supportive to students with <b>behaviour, communication, intellectual</b> and/or <b>physical</b> exceptionalities</p>	Website	✓	✓	✓	✓	✓	✓
<a href="#">Cosmic Kids</a>	<p>Yoga, mindfulness and relaxation videos.</p> <p>Supportive to students with <b>behaviour, communication</b> and/or <b>intellectual</b> exceptionalities.</p>	Website	✓	✓	✓	✓		
<a href="#">Exercises for Emotion Regulation</a>	<p>Providing exercises for breathing, movement/attention to body, self-soothing through the senses, and visualization techniques.</p> <p>Supportive to students with <b>behaviour</b> and/or <b>communication</b> exceptionalities.</p>	Website	✓	✓	✓	✓	✓	✓
<a href="#">Fluid Simulation</a>	<p>A calming cause and effect tool for children.</p> <p>Supportive to students with <b>behaviour, communication</b> and/or <b>intellectual</b> exceptionalities.</p>	Website	✓	✓	✓	✓	✓	✓

Self-Regulation/ Sensory Processing	Description	Type	For Special Education	Early Years	1-3	4-6	7-8	9-12
<a href="#">GONoodle</a>	<p>Movement and mindfulness videos.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	Website App	✓	✓	✓	✓		
<a href="#">Google Mix Lab</a>	<p>An experiment that makes it easier for anyone to create music using simple voice commands.</p> <p>Supportive to students with <b>behaviour</b> and/or <b>intellectual</b> exceptionalities.</p>	Website	✓	✓	✓	✓	✓	✓
<a href="#">Happify</a>	<p>Activities and games designed to reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b>, <b>intellectual</b> and/or <b>physical</b> exceptionalities</p>	App	✓	✓	✓	✓	✓	✓
<a href="#">Headspace: Meditation &amp; Sleep</a>	<p>Hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	App	✓	✓	✓	✓	✓	✓

Self-Regulation/ Sensory Processing	Description	Type	For Special Education	Early Years	1-3	4-6	7-8	9-12
<a href="#">Kids Doodle</a>	<p>A drawing game for kids. 24 kinds of magical and beautiful brushes for kids to draw. Kids can playback the painting process as a cartoon video clip and doodle on photos they love.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	App	✓	✓	✓	✓	✓	✓
<a href="#">Kidz BOP</a>	<p>Movement music videos.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	Website	✓	✓	✓	✓		
<a href="#">MindShift CBT</a>	<p>Provides tools to tackle worry, panic, perfectionism, social anxiety, and phobias. Students learn to relax and be mindful, develop more effective ways of thinking and use active steps to take charge of anxiety by reorienting their thinking.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	App	✓	✓	✓	✓	✓	✓
<a href="#">Name That Emotion</a>	<p>This video describes and lists different behaviours and visible signs that indicate different emotions. Students try to figure out what emotional the characters are feeling.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	Website	✓	✓	✓			

Self-Regulation/ Sensory Processing	Description	Type	For Special Education	Early Years	1-3	4-6	7-8	9-12
<a href="#">Neon Flames</a>	A generative art experiment for drawing your own nebula.  Supportive to students with <b>behaviour</b> and/or <b>intellectual</b> exceptionalities.	Website	✓	✓	✓	✓	✓	✓
<a href="#">Smiling Mind</a>	Meditation app.  Supportive to students with <b>behaviour</b> and/or <b>intellectual</b> exceptionalities.	App	✓	✓	✓	✓	✓	✓
<a href="#">Super Stretch Yoga</a>	Interactive Yoga that introduces new poses.  Supportive to students with <b>behaviour</b> , <b>communication</b> , <b>intellectual</b> and/or <b>physical</b> exceptionalities	App	✓	✓	✓	✓		
<a href="#">Symmetry Artist</a>	Mathematics and Art come together.  Supportive to students with <b>behaviour</b> and/or <b>intellectual</b> exceptionalities.	Website	✓	✓	✓	✓	✓	✓
<a href="#">This is Sand</a>	A unique playground for creating and sharing amazing sandscapes.  Supportive to students with <b>behaviour</b> , <b>communication</b> and/or <b>intellectual</b> exceptionalities.	Website App	✓	✓	✓	✓	✓	✓
<a href="#">Weave Silk</a>	Interactive generative art.  Supportive to students with <b>behaviour</b> , <b>communication</b> and/or <b>intellectual</b> exceptionalities.	Website	✓	✓	✓	✓	✓	✓

Self-Regulation/ Sensory Processing	Description	Type	For Special Education	Early Years	1-3	4-6	7-8	9-12
<a href="#">We Do Listen</a>	<p>Provides entertaining, educational books, videos, games and songs to help young children become better listeners, learn important life lessons and feel good about themselves.</p> <p>Supportive to students with <b>behaviour</b>, <b>communication</b> and/or <b>intellectual</b> exceptionalities.</p>	Website	✓	✓	✓	✓		