



# MSSD LEARNING RESOURCES

## EPS

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# MSSD LEARNING RESOURCES

<b>SELF-CARE</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>50 Self Care Activities You Can Do Together With Kids</b>	<a href="https://www.andnextcomesl.com/2017/06/self-care-activities-for-moms-to-do-with-kids.html">https://www.andnextcomesl.com/2017/06/self-care-activities-for-moms-to-do-with-kids.html</a>		All
<b>They Need Me-Time, Too: A Self-Care Checklist To Do With Your Kids</b>	<a href="https://www.parents.com/kids/health/childrens-mental-health/self-care-checklist-for-kids/">https://www.parents.com/kids/health/childrens-mental-health/self-care-checklist-for-kids/</a>		All
<b>Sunday Corner with Chatone: How to Create Self Care</b>	<a href="https://www.youtube.com/watch?v=Oeav7f6tH4M">https://www.youtube.com/watch?v=Oeav7f6tH4M</a>		All
<a href="#">↑ To section table</a>			

<b>POSITIVE AFFIRMATION/QUOTES</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>Self-Love</b>	<a href="https://www.pinterest.it/pin/6445777">https://www.pinterest.it/pin/6445777</a>		9-12



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	<a href="#">65403470949/</a>		
<b>Dealing with Anger</b>	<a href="https://thelifebalancetree.com/power-of-our-thoughts/infographics-about-affirmations/10-positive-affirmations-for-dealing-with-anger/">https://thelifebalancetree.com/power-of-our-thoughts/infographics-about-affirmations/10-positive-affirmations-for-dealing-with-anger/</a>		9-12
<b>Boost Your Confidence</b>	<a href="https://www.pinterest.it/pin/139541288441647506/">https://www.pinterest.it/pin/139541288441647506/</a>		9-12
<a href="#">↑ To section table</a>			

<b>ACTIVITIES TO DO AT HOME</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>75 Craft Ideas for Teenagers</b>	<a href="https://diyjoy.com/cool-diy-projects-for-teenagers/">https://diyjoy.com/cool-diy-projects-for-teenagers/</a>		9-12
<b>10 DIY Projects for Teens to Do At Home</b>	<a href="https://www.youtube.com/watch?v=NjdjYoJ1wGg">https://www.youtube.com/watch?v=NjdjYoJ1wGg</a>		9-12
<b>13 DIY Projects for Boys and Girls</b>	<a href="https://craftforest.com/diys-and-crafts-for-teens/">https://craftforest.com/diys-and-crafts-for-teens/</a>		9-12



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<b>6 DIY Projects Using Stuff You Already Have Around the Home</b>	<a href="https://www.youtube.com/watch?v=VXaOxBOE94g">https://www.youtube.com/watch?v=VXaOxBOE94g</a>		9-12
<b>Heads Up Game in ASL</b>	<a href="https://www.youtube.com/watch?v=LQvjEsNYR0Q">https://www.youtube.com/watch?v=LQvjEsNYR0Q</a>		9-12
<b>15 Art Therapy Exercises to Control Your Mind and Channel Your Emotions</b>	<a href="https://themindsjournal.com/art-therapy-ideas-activities/2/">https://themindsjournal.com/art-therapy-ideas-activities/2/</a>		9-12
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## SELF-HELP AND EMOTIONAL AWARENESS

<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>10 Books Every Teenage Girl Should Read</b>	<a href="https://www.purewow.com/family/books-every-teenage-girl-should-read">https://www.purewow.com/family/books-every-teenage-girl-should-read</a>		9-12
<b>Uplifting Books for Teens with Depression or Anxiety</b>	<a href="https://stepstoself.com/uplifting-books-for-teens-with-depression-or-anxiety/">https://stepstoself.com/uplifting-books-for-teens-with-depression-or-anxiety/</a>		9-12
<b>5 Ways of Developing Emotional Awareness</b>	<a href="https://thisconsciousmind.com/5-ways-of-developing-emotional-awareness/?utm_medium=social&amp;utm_sour">https://thisconsciousmind.com/5-ways-of-developing-emotional-awareness/?utm_medium=social&amp;utm_sour</a>		9-12



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	<a href="https://www.pinterest.com/tailwindtribes/682984014_26582844_271701/">ce=pinterest&amp;utm_campaign=tailwind_tribes&amp;utm_content=tribes&amp;utm_term=682984014_26582844_271701</a>		
<a href="#">↑ To section table</a>			

<b>FILMS TO WATCH AT HOME</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>Five Films for Self-Esteem</b>	<a href="https://exploringyourmind.com/five-films-to-work-on-childrens-self-esteem/">https://exploringyourmind.com/five-films-to-work-on-childrens-self-esteem/</a>		9-12
<b>8 Movies that Promote Good Values for Teens</b>	<a href="https://www.beliefnet.com/entertainment/movies/galleries/6-movies-that-promote-good-values-for-teens.aspx">https://www.beliefnet.com/entertainment/movies/galleries/6-movies-that-promote-good-values-for-teens.aspx</a>		9-12
<b>8 Movies Can Help Shape Your Child's Identity</b>	<a href="https://www.psychologytoday.com/us/blog/the-moment-youth/201612/8-movies-watch-your-teen">https://www.psychologytoday.com/us/blog/the-moment-youth/201612/8-movies-watch-your-teen</a>		9-12
<b>Psychologists'</b>	<a href="https://www.imdb.com/list/ls055993267/">https://www.imdb.com/list/ls055993267/</a>		9-12



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<b>Top-Rated Self-Help Films</b>			
<b>Love Yourself: Top 5 Self-Love Movies</b>	<a href="https://www.nowuc.com.au/2019/03/love-yourself-top-5-self-love-movies-of-all-time/">https://www.nowuc.com.au/2019/03/love-yourself-top-5-self-love-movies-of-all-time/</a>		9-12
<b>Amazing Videos to Teach and Practice Mindfulness with Kids</b>	<a href="https://kumarahyoga.com/8-short-videos-to-teach-and-practice-mindfulness-with-kids/">https://kumarahyoga.com/8-short-videos-to-teach-and-practice-mindfulness-with-kids/</a>		9-12
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<b>JOURNALING TIPS AND PROMPTS</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>Teenager Journal Prompts</b>	<a href="https://www.journalbuddies.com/writing-grade-level/teenage-journal-topics/">https://www.journalbuddies.com/writing-grade-level/teenage-journal-topics/</a>		9-12
<b>50 Journal Prompts for Anxiety</b>	<a href="https://www.inspiringlifedreams.com/journal-prompts-for-anxiety/">https://www.inspiringlifedreams.com/journal-prompts-for-anxiety/</a>		9-12
<b>Coping Skills for Kids</b>	<a href="https://store.copingskillsforkids.com/collections/free-printables/products/coping-skills-checklist?utm_source=">https://store.copingskillsforkids.com/collections/free-printables/products/coping-skills-checklist?utm_source=</a>		9-12



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	<a href="#">Pinterest&amp;utm_medium=Social</a>		
<b>Gratitude Scavenger Hunt</b>	<a href="https://www.naturalbeachliving.com/gratitude-scavenger-hunt/">https://www.naturalbeachliving.com/gratitude-scavenger-hunt/</a>		9-12
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<b>CULTURAL AND SELF AWARENESS</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>Being Different is Beautiful</b>	<a href="https://www.youtube.com/watch?v=KJ1ygFknjYo">https://www.youtube.com/watch?v=KJ1ygFknjYo</a>		9-12
<b>How Culturally Aware Are You?</b>	<a href="https://blog.unbound.org/2012/04/how-culturally-aware-are-you-take-our-quiz-to-learn-more/">https://blog.unbound.org/2012/04/how-culturally-aware-are-you-take-our-quiz-to-learn-more/</a>		9-12
<b>10 Fun Trivia Facts to Celebrate Culture and Diversity</b>	<a href="https://www.learningliftoff.com/quiz-10-fun-trivia-facts-to-celebrate-culture">https://www.learningliftoff.com/quiz-10-fun-trivia-facts-to-celebrate-culture</a>		9-12
<b>Deaf Natives share 4 Amazing Cultural Stories</b>	<a href="https://www.youtube.com/watch?v=zKLMj1E83Vs">https://www.youtube.com/watch?v=zKLMj1E83Vs</a>		9-12



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<b>DEAF AND HARD OF HEARING ORGANIZATIONS LISTS</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>National Association of the Deaf</b>	<a href="https://www.nad.org/">https://www.nad.org/</a> <a href="https://www.nad.org/members/state-association-affiliates/">https://www.nad.org/members/state-association-affiliates/</a> <a href="https://www.nad.org/members/organizational-affiliates/">https://www.nad.org/members/organizational-affiliates/</a>		9-12
<b>National Black Deaf Advocates</b>	<a href="https://www.nbda.org/">https://www.nbda.org/</a> <a href="https://www.nbda.org/local_chapters">https://www.nbda.org/local_chapters</a>		9-12
<b>Greater Washington Asian Deaf Association</b>	<a href="https://gwada-dc.org/">https://gwada-dc.org/</a>		9-12
<b>Metro South Asian Deaf Association</b>	<a href="https://msada-dc.org/">https://msada-dc.org/</a>		9-12
<b>Sacred Circle</b>	<a href="http://www.deafnative.com/">http://www.deafnative.com/</a>		9-12





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<b>National Hispanic Latino Association for the Deaf</b>	<a href="http://www.nhlad.org">http://www.nhlad.org</a>		9-12
<b>Council de Manos</b>	<a href="https://www.councildemanos.org/">https://www.councildemanos.org/</a>		9-12
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<b>STRESS/ANXIETY MANAGEMENT APPS</b>			
<b>Title</b>	<b>Link (if it's a file upload into the folder and link to the file here or write "in folder")</b>	<b>Short description of content</b>	<b>Grade Level/Age Groups</b>
<b>The Best Anxiety Apps of 2019</b>	<a href="https://www.healthline.com/health/anxiety/top-iphone-android-apps">https://www.healthline.com/health/anxiety/top-iphone-android-apps</a>	Manage your anxiety with one of these phone apps from Android and iPhone.	9-12
<b>Stress Relief Apps</b>	<a href="https://www.verywellmind.com/stress-relief-apps-that-can-transform-your-life-4147565">https://www.verywellmind.com/stress-relief-apps-that-can-transform-your-life-4147565</a>	Try these apps which provide strategies for stress relief.	9-12
<b>10 Best Meditation Apps</b>	<a href="https://www.cnet.com/how-to/10-best-meditation-apps-of-2020/">https://www.cnet.com/how-to/10-best-meditation-apps-of-2020/</a>	A review of different meditation apps you can use on CNET.	9-12
<b>ASL Guided Meditation</b>	<a href="https://www.youtube.com/watch?v=XpQFdYMyFlc">https://www.youtube.com/watch?v=XpQFdYMyFlc</a>	A simple meditation exercise in ASL!	9-12
<a href="#">↑ To section table</a>			