

GEMS School Counseling

SUMMER RESOURCES

For Social Emotional Learning At Home
+ Parent/Family Support

GEMS SCHOOL COUNSELING SITE

Check out Mr. Beery and Ms. Frazier's website for up-to-date student and caregiver resources for mental health + community services, stress relief activities, + counseling referral forms!

SESAME STREET FAMILY RESOURCES

"Little Children, Big Challenges." Resources for parents and caregivers covering topics like divorce, incarceration, kindness, resilience, and more!

BELONGING AT HOME

From the Teaching Empathy Institute, Belonging at Home is full of resources for all ages, set up to help you and your children have a meaningful and shared experience in which you each have a chance to talk and be listened to.

CONSCIOUS DISCIPLINE - TIPS FOR PARENTS + CAREGIVERS

Stumped by your child's behavior and don't quite know how to respond? Check out these helpful tips and tricks for supporting your kiddo and keeping your cool!

"MIND YETI" ON YOUTUBE

Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them. Check out their Youtube channel here for some quick and fun videos!