

BIG EMOTIONS

RESOURCES FOR PARENTS AND KIDS

30 Days of Mindfulness

- Mindfulness resources from calm schools
- [Calm.com](https://calm.com)

Big Life Kids Podcast

- The Big Life Kids podcast teaches children to stay resilient, believe in themselves, and face life's challenges with confidence! In each episode, Zara and Leo travel the world to discover the living heroes that are making a difference in the world today. Each episode is reviewed and approved by a licensed therapist to ensure that the social-emotional learning and growth mindset lessons covered on this children's podcast are science-backed and accurate. Ideal for children ages 5-10
- [Spotify Podcast Link](https://www.biglifekids.com/podcast)

Healthy Minds BC

- It can be hard for adults to know what to say or do to ease a child's worries, especially during times of change and uncertainty. As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is making their worries grow.
- To help support learning across environments, EASE K-7 lessons have been adapted for use by parents and caregivers to help children manage worries and everyday anxiety at home.
- [EASE at Home.com](https://www.easeathome.com)

Family Smart

- We know that in tough moments, it's hard to find the right words. That's why we've created simple, thoughtful tools, like conversation cards and guides, all printable, to help parents and caregivers connect with their kids. These resources are shaped by real experiences and designed to support meaningful conversations, reduce stress, and help families feel more confident as they navigate mental health and/or substance use challenges.
- [Family Smart.ca](https://familysmart.ca)