

Digital Tools for Supporting Emotional Well-being in Children and Teens

These online tools are

- ✓ FREE
- ✓ Interactive
- ✓ Available as short videos or graphic novels
- ✓ Available in both English and Spanish
- ✓ For families to teach children skills to prevent little worries from becoming big worries
- ✓ Designed to support your child's learning by using the tools together (older children may also use the tools on their own)



Your child can learn skills to handle stress and cope with challenges

Your child's mental health is an important part of their overall well-being. Stress and worries are a normal part of growing up. To manage life's ups and downs, children need supportive relationships, environments, and healthy ways to handle stress and worries. A strategy called cognitive behavioral therapy (CBT) gives children the skills to change unhelpful thoughts and emotions.

Skills taught by these tools

The tools use stories to show the skills children and families can practice over time. They include

Deep belly breathing



Mindfulness



Doing fun activities



Reframing thoughts



Note: For children who may be struggling with their mental health, the tools can be used in addition to receiving treatment from a healthcare provider or therapist, but they are not intended to be a substitute for professional medical advice, diagnosis, or treatment.

You can access the tools here:

1. Scan the QR code to use the resources. Or visit <https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/>.
2. Scroll down and select a set of tools ("[Tools for Younger Children and Their Parents](#)" or "[Tools for Youth and Teens](#)").
3. You can watch a short video or read the information as a graphic novel (like a comic book) for each activity by clicking "Watch Video" or clicking "Download PDF."



If your child is in crisis, get immediate help. Call the Suicide & Crisis Lifeline at 988 or text SIGNS to 741741 for free, anonymous crisis counseling.