



**DURHAM CATHOLIC
DISTRICT SCHOOL BOARD**
Learning and Living in Faith



On-line Resources for Students who Require Support with Self-Regulation

Source	Grade Level	Description	Cost
Weave Silk	K-12	Interactive generative art – calming activity that requires no art skills, just imagination.	Free
Breathe, Think, Do with Sesame	K-3	A story for young learners to help Monster work through frustrating situations, by staying calm and thinking of possible solutions. You can view through the website or download the app for free.	Free
We Do Listen	K-3	Social skills stories for younger children. Choose a skill that you would like to help your child with and click on the story. This site also has some fun activities.	Free
Chrome Music Lab	K-12	Create songs using a song maker, with a variety of choices including visuals that move with the music your son/daughter creates.	Free