

ASSET Education: Today, we're launching our #tools4toughtimes student-led video series!

For 50 days, we will have 50 students leading bite-sized stress-reducing tools in 1-2-minute videos on our Instagram channel (@asset_education).

A new video will be posted each day.

<https://www.asset-edu.org/tools4toughtimes>

Please scroll down the page to access all the videos from student leaders.

WHO-We Help Ourselves

This packet contains practical information for parents and students. It focuses on positive choices and avoiding cyberbullying. This packet has engaging scenarios for families to discuss.

<http://www.mhadallas.org/wp-content/uploads/2020/04/Scooter-At-Home-Financial-Edition.pdf>

Alief ISD has shared their mindfulness room

<https://sites.google.com/view/aliefmindfulnessroom/home>

[Coronavirus](#) **Brain Pop**