



Learning Lab Links

ST. JOHN NEUMANN CATHOLIC SCHOOL

Practicing Mindfulness



The end of the year often brings a sigh of relief as we look forward to the lazy days of summer. However, with so much uncertainty, anxiety remains high for both children and adults. Finding a way to slow down and find our calm is more important than ever.

The **Headspace** app teaches parents and children together about meditation and is designed for both adults and children.

Find a quiet, relaxing spot and treat yourself!

<https://www.headspace.com/covid-19>

The Kids Bulletin

<https://thekidsbulletin.com/>

The Kids Bulletin is a website that offers a weekly bulletin just for kids. The bulletin offers an explanation of the weekly Gospel, an activity based on the Readings, and a saint of the week comic.

25 Podcasts for Kids

<https://www.common sense media.org/blog/the-best-podcasts-for-kids>

Common Sense Media has compiled a list of 25 podcasts, or audio programs, for families and kids. Topics range from stories, science, music, and news.

For indie music fun for the whole family check out the weekly Saturday Morning Cereal Bowl podcast.

Lots of Activities

[coronavirus-latest-updates](https://www.understood.org/en/school-learning/#At-Home-Activities_Schedules_and_More)

https://www.understood.org/en/school-learning/#At-Home-Activities_Schedules_and_More

This site has articles for parents about at-home learning. There are suggested activities for students who learn differently. There is a LOT here!

Five Summer Math Games

<https://www.todayparent.com/kids/school-age/summer-math-games/>

Math skills in particular take a hit in the summer, with kids sometimes losing two or more months of math knowledge according to research from Duke University and the University of Missouri. Experts suggest doing math games and activities with your kids during the summer to beat the brain drain!

Draw and Play with Dav Pilkey

<https://kids.scholastic.com/kids/books/dav-pilkey-at-home/>

The author of Captain Underpants gives sneak peeks into his series Dog Man. You can create new stories and learn to draw his characters.

