

# Master List of Virtual Calming Room Online Resources

[Google Folder with worksheets and other tips](#)

## Calming Video Links

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### ***Meditative Videos:***

- [Kaleidoscope](#)
  - Video of kaleidoscope of colors
- [Another Kaleidoscope Video](#)
- [Sensory Relaxation](#)
- [Deep Meditative Video](#)
  - more slow movement
- [Window Swap](#) \*
  - You can view different videos outside windows around the world
  - It is safe. Videos get submitted before being approved for the site. Each window is about 30 mins.
- [White Noise](#)
  - White noise with outer space video
- [Pep Talk from Kid President](#)

### ***Live Animal Web Cams (pretty self-explanatory)\****

- [Live Puppy Cam](#)
- [Live Farm Animal Cam](#)
- [San Diego Zoo Live Animal Cams](#)
- [Live Sea Otter Cam](#)
- [Live Aquarium Cam](#)
- [Live Jellyfish Cam](#)

### ***Nature Videos***

- [Nature from Above](#)
  - Coast lines and above earth drone footage
  - Relaxing music
- [Space](#)
- [Safari](#)
  - Safari footage with some narration
- [Oceanscapes](#)
  - 10 hours of ocean footage
- [Waterfall](#)

- One singular waterfall video with sound
- [Calm Nature Meditation](#)
- [Piano Music](#)
  - Calm piano with nature photos
- [Instrumental Music](#)
  - Floral photos with harp music
- [Rain](#)
- [Campfire](#)
- [Thunderstorm](#)
- [Bird Sounds](#)
- [Aurora Borealis](#)

### ***Virtual Tours***

- [Great Wall of China](#)
- [Virtual Forest Walk](#)
  - 5 hour walking tour
- [Watersides Around the World](#)
- [Bicycle Ride in South Korea](#)
- [Snorkeling in Mexico](#)
- [Roadtrip in Iceland](#)
- [Scooter Ride in Greece](#)
- [Austria Toboggan Run](#)
- [Netherlands](#)

## **Games, Puzzles, Activities**

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### ***Puzzles/Activities***

- [Jigsaw Puzzles](#)
  - Standard puzzles you can put together online
- [Row Swap Puzzle](#)
- [Block Puzzle](#)
- [Alphabet Slide Puzzle](#)
- [Sudoku](#)
- [Word Search\\*](#)
  - You can pick a topic that interests you and do a word search about it...Taylor Swift, Saved by the Bell, Harry Potter, etc
- [How to Draw an Optical Illusion](#)
- [Typing Game](#)
- [Balloon Maze](#)

- [Create a Stick Figure Dance](#)
- [Hidden Object Find](#)

### **Mind Games/Brain Teasers**

- [Puzzle Games](#)
  - Miscellaneous
- [Mind Your Mind \(Squish 'Em\)](#)
- [Stress Me Less](#) \*
  - Definitely one of my faves
- [100 Brain Teasers](#)
- [Brain Teaser Quizzes](#)
- [Brain Teasers](#)
- [Brain Teasers](#)
- [TedEd Riddle Videos](#)
- [Psychology of Colors](#)
- [29 Super Short Riddles](#)
- [27 Hard Riddles](#)

### **Drawing/Coloring**

- [Sketchbook](#)
- [Online Coloring](#)
- [Quick Draw Game](#) \*
- [Bomomo](#)
  - Weird/different way to draw and create

### **[Printable coloring pages](#)**

### **Exercise**

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1. [Relaxing Full Body Stretching](#)
2. [Yoga for Teens](#)
3. [Yoga to Slow Your Roll](#)
4. [Yoga to Calm Down](#)
5. [Active exercise](#)

### **Grounding Techniques**

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1. [Fives Senses](#)
2. [ABC Grounding](#)
3. [Tree Grounding](#)
4. [5-4-3-2-1 Grounding](#)
5. [4-7-8 Breathing](#)

6. [3 Minute Body Scan](#)
7. [Square Breathing Video](#)
8. [Relaxation Skills PDF](#)
9. [3 Minute Meditation Video](#)
10. [1 Minute Meditation Video](#)

## Online Resources

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1. LGTBQ+
  - [Trevor Project](#)
2. Information on Burnout
  - [Are You Burnt Out? Quiz](#)
  - [Tips to Avoid Burnout](#)
3. [988 Crisis Chat](#)
4. [National Domestic Violence Hotline](#)
5. [Rainy Mood Playlist](#)
6. [Anxiety Workbook for Teens](#)
7. Phone Apps
  - a. [Mindshift](#)
  - b. [Virtual HopeBox](#)
  - c. [This is Sand](#)