

Student Resources

Focus on All Grades K-8:

“Understanding Me”

My Feelings & Talking About My Feelings

- <https://kidshealth.org/en/kids/feeling?ref=search#catboy>
- <https://kidshealth.org/en/kids/talk-feelings.html?ref=search#catboy>

Being Afraid

- <https://kidshealth.org/en/kids/afraid.html?WT.ac=ctg#catboy>

Shyness Explained

- <https://kidshealth.org/en/kids/shy.html?WT.ac=ctg#catboy>

Why Am I So Sad?

- <https://kidshealth.org/en/kids/sadness.html?ref=search#catboy>

Why Is Sleep Important?

- <https://kidshealth.org/en/kids/not-tired.html?ref=search#catboy>

What To Do If You Can't Sleep

- <https://kidshealth.org/en/kids/cant-sleep.html?ref=search#catboy>

5 Ways To Help You Sleep Better

- <https://kidshealth.org/en/teens/tips-sleep.html?WT.ac=ctg#catboy>

Going To The Dentist

- <https://kidshealth.org/en/kids/go-dentist.html?ref=search#catboy>

Dental Hygiene

- <https://kidshealth.org/en/kids/teeth-care.html?WT.ac=k-ra#catboy>

Going To The Doctor

- <https://kidshealth.org/en/kids/going-to-dr.html?ref=search#catboy>

Personal Hygiene

- <https://kidshealth.org/en/teens/hygiene-basics.html?WT.ac=ctg#catboy>

A Kid's Guide To Shots

- <https://kidshealth.org/en/kids/guide-shots.html?ref=search#catboy>

Going To The Hospital

- <https://kidshealth.org/en/kids/hospital.html?WT.ac=k-ra#catboy>

What Are Medicines & What Do They Do?

- <https://kidshealth.org/en/kids/kidmedic.html?ref=search#catboy>

Glasses & Contact Lenses – Explained

- <https://kidshealth.org/en/kids/glasses.html?ref=search#catboy>

I Want To Run Away

- <https://kidshealth.org/en/kids/running-away.html?ref=search#catboy>

My Friend Is Talking About Running Away – What Do I Do?

- <https://kidshealth.org/en/teens/runaway.html?ref=search#catboy>

How To Handle Abuse

- <https://kidshealth.org/en/kids/handle-abuse.html?ref=search#catboy>

How To Handle An Emergency Situation

- <https://kidshealth.org/en/kids/emergency.html?ref=search#catboy>

I Am Alone After School – What Do I Do?

- <https://kidshealth.org/en/kids/homealone.html?ref=search#catboy>

Staying Safe In The Car & On The Bus

- <https://kidshealth.org/en/kids/car-safety.html?ref=search#catboy>

Bike Safety

- <https://kidshealth.org/en/kids/bike-safety.html?WT.ac=k-ra#catboy>

My Pet Died – How Can I Feel Better?

- <https://kidshealth.org/en/kids/pet-death.html?ref=search#catboy>

Someone In My Family Died – What Do I Do?

- <https://kidshealth.org/en/kids/family-friend-died.html?WT.ac=k-ra#catboy>
- <https://kidshealth.org/en/kids/somedie.html?WT.ac=k-ra#catboy>

My Family Is Moving & I'm Sad – What Should I Do?

- <https://kidshealth.org/en/teens/moving.html?ref=search#catboy>
- <https://kidshealth.org/en/kids/moving.html?ref=search#catboy>

What Is Divorce?

- <https://kidshealth.org/en/kids/divorce.html?ref=search#catboy>

Dealing With Divorce

- <https://kidshealth.org/en/teens/divorce.html?ref=search#catboy>

What Should I Do When My Parents Fight?

- <https://kidshealth.org/en/kids/parents-fight.html?ref=search#catboy>

What Should I Do When My Family Fights?

- <https://kidshealth.org/en/kids/family-fights.html?WT.ac=k-ra#catboy>

Should I Go To A Therapist?

- <https://kidshealth.org/en/kids/going-to-therapist.html?ref=search#catboy>

Anxiety Information/Guide

- <https://kidshealth.org/en/teens/anxiety.html?ref=search#catboy>

Test Anxiety

- <https://kidshealth.org/en/teens/test-anxiety.html?ref=search#catboy>

5 Ways To Deal With Anxiety

- <https://kidshealth.org/en/teens/anxiety-tips.html?ref=search#catboy>

Social Phobia Information/Guide

- <https://kidshealth.org/en/teens/social-phobia.html?WT.ac=t-ra#catboy>

Depression Information/Guide

- <https://kidshealth.org/en/kids/depression.html?ref=search#catboy>

When Is Depression Severe

- <https://kidshealth.org/en/teens/severe-depression.html?ref=search#catboy>

How Do I Talk To My Parents About Depression?

- <https://kidshealth.org/en/teens/talk-depression.html?ref=search#catboy>

5 Ways To Help Yourself Through Depression

- <https://kidshealth.org/en/teens/depression-tips.html?ref=search#catboy>

Cutting

- <https://kidshealth.org/en/teens/cutting.html?ref=search#catboy>

How Can I Stop Cutting?

- <https://kidshealth.org/en/teens/cutting-relapse.html?ref=search#catboy>

How Can I Help My Friend Who Cuts?

- <https://kidshealth.org/en/teens/friend-cuts.html?ref=search#catboy>

Understanding Suicide

- <https://kidshealth.org/en/teens/suicide.html?ref=search#catboy>

My Friend Said They Are Thinking About Suicide – What Do I Do?

- <https://kidshealth.org/en/teens/talking-about-suicide.html?ref=search#catboy>

I Am Thinking About Suicide – What Do I Do?

- <https://kidshealth.org/en/teens/stop-suicide.html?ref=search#catboy>

Stress Information/Guide

- <https://kidshealth.org/en/kids/stress.html?ref=search#catboy>

When Is Stress Serious?

- <https://kidshealth.org/en/teens/serious-stress.html?WT.ac=ctg#catboy>

How Can I Prevent Myself From Getting Stressed?

- <https://kidshealth.org/en/kids/5-steps.html?ref=search#catboy>

Eating Disorders

- <https://kidshealth.org/en/teens/eat-disorder.html?ref=search#catboy>

Body Dysmorphic Disorder

- <https://kidshealth.org/en/teens/body-image-problem.html?WT.ac=t-ra#catboy>

Dealing With Feelings When You're Overweight

- <https://kidshealth.org/en/teens/feelings-overweight.html?ref=search#catboy>