

We know that the **WHOLE** person comes to work every day. We also know that you're balancing a lot at work and at home. In addition to career needs, you have needs in the areas of financial, social/emotional, community, and physical. Here are some apps you might find useful in finding your balance!

KIDS

RESOURCES FOR KIDS – Educational apps to engage your children, educate them, and keep them moving.

APPS FOR KIDS

- **ABCYA** – Educational games for PreK through 6 that will keep kids engaged and having fun. www.abcya.com
- **ABC Mouse** – Help kids to learn through phonics, and teaches lessons in math, social studies, art, music, and much more. - www.abcmouse.com
- **PBS Kids** – Educational games and videos. - www.pbskids.org
- **123 Home School 4 Me** – Free educational games, worksheets, seasonal activities and more. www.123homeschool4me.com
- **Read Write Think** – Providing educators and students access to the highest quality practices and resources in reading and language arts instruction. - www.readwritethink.org
- **GoNoodle** – Engages kids with movement and mindfulness videos created by child development experts. - www.gonoodle.com

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Find the apps in either the Apple App Store or Google Play Store.

