

# MY INNER HEROES™



**Additional Sources  
of Support for Kids**

**EDUCATOR GUIDE**

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## ADDITIONAL SOURCES OF SUPPORT FOR KIDS

The Inner Heroes Universe is a starting point for opening up conversations with kids about the powerful world inside them. The good news is, there are tons of resources to help children develop and strengthen the skills introduced by the Inner Heroes. Here are just a few.

### BREATHING/MEDITATION

[Breathing Buddha](#)

[Imagine Meditation Cards](#)

### APPS

[Calm Kids](#)

[Breathe, Think, Do](#)

[Mindful Powers](#)

[Calm Harm](#)

### BOOKS

[ABC Yoga](#)

[A Kid's Book About Nervous System](#)

[Regulation](#)

[When Harley Has Anxiety](#)

[Breathe Like a Bear](#)

[The Coffee Bean for Kids](#)

[The Energy Bus for Kids](#)

### GAMES

[Impulsive Eddie](#)

You can adjust these to make them about all emotions, not just anger!

[Behind the Anger](#)

[Mad Smartz](#)

[Mad Dragon](#)

### DISCUSSION PROMPTS

[Social skills discussion cards](#)

[52 Essential Conversations](#)

### LGBTQ RESOURCES

[It Gets Better](#)

[The Trevor Project](#)

### PROGRAMS

[Emotional ABCs](#)

[Mightier](#)

### CRISIS HOTLINES

**988 Suicide & Crisis Lifeline** – Call or text  
**Crisis Text Line** – Text “HOME” to 741741.  
Young people of color can text “STEVE” to reach culturally trained counselors.

### HOW TO FIND A THERAPIST FOR YOUR CHILD/FAMILY

- Ask your network – many family or friends may have therapists they've worked with before that they would recommend
- Ask your child's school counselor or social worker
- [Psychology Today's Therapist Finder](#) is a great tool, with search filters like location, insurance accepted, and specialties. Make sure you find someone who specializes in working with kids and/or families.