



LINDEN
GLOBAL LEARNING & SUPPORT

CBT for Teens: Simple Strategies from Cognitive Behavioral Therapy for Teenagers in the Pandemic

**Presented by Makia Matheis
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Resources

Presentation

- For the webinar recording, presentation slides and more resources check the [ISCA Webinar website](#)

Websites:

- [Feeling Magnets](#) -- Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life
- [Smiling Minds](#) -- Offers mindfulness courses for schools
- [.b \(ages 11-18\)](#) -- Offers mindfulness courses for schools
- [paws .b \(ages 7-11\)](#) -- Offers mindfulness courses for schools
- [DeStress Monday](#) -- Weekly practices in breathing, mindfulness and positivity to refresh your mind on Monday and help you manage stress all week.
- [Draw on your emotions by Margot Sunderland](#) -- Draw on Your Emotions is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing
- [Susan David](#) -- Psychologist & Author of Emotional Agility; main website click [here](#)

Videos/Movies:

- [Therapy in a Nutshell videos on YouTube](#) -- Resources that are helpful to do online with kids
- [Inside Out \(2015\) Animation Film](#)-- **Great article from Greater Good with four suggested lessons to teach.**

Books/Poetry:

- ["The Anxiety Workbook for Teens" by Lisa M. Schab](#)
- ["The Guesthouse" poem by Rumi](#)

App:

- [CBT Companion](#) -- CBT App
- [Youhue app](#) -- YouHue is an app that uses mood tracking to empower students to understand their emotions so they can better manage and communicate them.
- [Calm App](#)