

Resources to Promote Balance

Active Engagement:

[Recess at Home](#) - Playworks

[Yoga for Kids](#) - Preschool Inspirations

[Daily Mindfulness Classes](#) - Mindful Schools

[Go Noodle Games and Activities](#) - Go Noodle

[Cooking with Youth Tips and Videos](#) - Food Network

[Recipes for Youth](#) - PBS

[Yoga for Adults](#) - Yoga with Adriene

[Yoga on Demand](#) - Core Power Yoga

[Virtual Workout Classes](#) - Lifetime

[Free workout videos](#) - Fitness Blender

[Running Training App](#) - Nike

Belonging:

[Resources for Youth to Connect](#) – Good Housekeeping

[Neighborhood Scavenger Hunts](#) - Lifehacker

[Family Oral History Questions](#) – Family History Daily

[Ways to Watch Videos Together](#) – Make Tech Easier

[Online Book Clubs](#) - Time

[Remote Board Game Play](#) – Boston.com

[Zoom Tips for Online Meetings](#) - Zoom

Assertiveness:

[Opinion Writing Questions for Youth](#) – New York Times

[Empowering Youth Decisions at Home](#) – The Hill

[Teen Mental Health Strategies](#) - UNICEF

[Ways Youth Can Help](#) – Youth Service of America

[Tips for Setting Daily Intention](#) - Good Net

Reflection:

[Mindfulness Strategies for Adults](#) – Positive Psychology

[1.4 Million Free Books](#) - Forbes

[Reflection Questions for Families](#) – Lifehack.org

[Writing, Journaling, Blogging Websites](#) – CommonSense.org

[Guide to Supporting Youth Vision Boarding](#) – BJC Institute for Learning and Development

[Practicing Mindfulness with Youth](#) – Waterford.org

[Printable Coloring Sheets](#) – Fave Crafts

About the Clover Model

Through many years of research and practical experience Dr. Gil Noam and The PEAR Institute have developed the Clover Model. The Clover Model highlights four essential elements that people of all ages need in order to thrive, learn, and develop: Active Engagement; Assertiveness; Belonging; and Reflection. Clover identifies students' basic developmental needs. By designing programs help children work towards their own personal Clover balance to become healthier mentally, emotionally, and academically.

For more information on the Clover Model, read:

[The Clover Model: A Developmental Process Theory of Youth Development](#)

