

## More Resources

### Guided Meditation Resources for Students

- Mindfulness for Teens free guided meditations:  
[www.mindfulnessforteens.com/guided-meditations](http://www.mindfulnessforteens.com/guided-meditations)
- UCLA free guided meditations:  
[www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations)
- Free guided meditations, starting about halfway down this page:  
[www.mindful.org/take-what-you-need-meditations-to-support-kids-teens-and-young-adults/#checkin](http://www.mindful.org/take-what-you-need-meditations-to-support-kids-teens-and-young-adults/#checkin)
- The Tapping solution app:  
[thetappingsolutionapp.com](http://thetappingsolutionapp.com)

There are some great options on here for teens and students to apply Emotional Freedom Technique (EFT) to ease stress and anxiety.

### Peer Tutoring Resources

- How to start a peer tutoring program as a student:  
[learningwithangie.com/how-to-start-a-peer-tutoring-program-as-a-student/](http://learningwithangie.com/how-to-start-a-peer-tutoring-program-as-a-student/)
- For education professionals or parents wanting to get a peer tutoring program started or improved:  
[www.peertutoringresource.org/](http://www.peertutoringresource.org/)
- A book for college peer tutoring: The Rowman & Littlefield Guide for Peer Tutors (Theory & Practice for Peer Tutors & Learning Center Professionals)
- An inspiring example if you need to convince school officials to give this a shot:  
[www.pbs.org/newshour/classroom/2021/08/student-voices-the-value-of-getting-and-giving-peer-tutoring/](http://www.pbs.org/newshour/classroom/2021/08/student-voices-the-value-of-getting-and-giving-peer-tutoring/)