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| **Social Emotional Learning & Wellness** |
| **Resource Name** | **Grade Levels** | **Details** |
| [Why and How to Teach Your Kids Mindfulness](https://www.parents.com/health/healthy-happy-kids/why-and-how-to-teach-kids-mindfulness/)  | Families | Article to share with families |
| [PBS for Parents](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR1IkKuUuPlmBHvuw6_2fafaQop8DdDMmxtbHJ20VABo246xhh0Gr8lkqxQ) | Families | How to Talk to Your Kids about Coronavirus - includes Daniel Tiger resources |
| [Common Sense Media](https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic) | Families | Resources for families of students in all grades, on these topics: *helping your family destress; movement apps, games and websites; apps to help with mental health; what to watch, read and play* |
| [Pathway 2 Success](https://www.thepathway2success.com/myblog/) | Families | 10+ SEL activities for families at home with printable, suitable for elementary students  |
| [Cosmic Kids](https://www.cosmickids.com/) | Primary | Videos for Yoga type activities for students |
| **NEW 3/23/20**[SEL at Home PK - 2](https://docs.google.com/presentation/d/1BALGReH9Yks-AgHTJ_sdLJfS2YnGk-wFxf297iZYFaQ/mobilepresent?slide=id.p)[SEL at Home 3 - 5](https://docs.google.com/presentation/d/10Z1lMNrDlp6FtlZUzfupyWA-EYcUMcEh4bJD9eNkcKs/mobilepresent?slide=id.g81a18d017e_0_0) | Elementary | SEL activities for students to do at home. Includes videos and discussion questions |
| [Mindful Kids](https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/?fbclid=IwAR1ORxzjB2Va2DYxVsTa3yO-q464BWIVZ0sPKpQIWZ5x-x5cy45Ct-o-Djs) | Elementary | Free daily online mindfulness class for kids via zoom |
| [Counselor Keri](https://www.youtube.com/watch?v=kiVpWZBXLug&feature=youtu.be) | Elementary | Video for students - coronavirus information including SEL ideas |
| [GoNoodle](https://www.gonoodle.com/) | Elementary | Movement and mindfulness videos created by child development experts |
| [Khan Academy](https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities) | Elementary and MS | Growth mindset activities |
| [Centervention](https://www.centervention.com/social-emotional-learning-activities/?tx_post_tag=middle) | Elementary and MS | Materials for lessons and small group sessions for these topics: *communication, cooperation, emotional regulation, impulse control, social initiation*  |
| [Nearpod Lesson Library](https://nearpod.com/t/market/init) |  K - 12 | Use the search term Social Emotional and the price point FREE to locate SEL lessons |
| [Character Strong](https://characterstrong.lpages.co/educator-resources/) | K - 12 | Digital library of character ed material; Videos w/debriefing questions; Also includes Teacher character activities (Week #1 focuses on self care) |
| [10% Happier Live](https://www.tenpercent.com/live) | Staff | Free “daily sanity break” at 3pm each weekday |
| [Action for Happiness](https://www.actionforhappiness.org/calendars) | Staff | Monthly themed calendars to promote SEL* [Mindful March](https://www.actionforhappiness.org/mindful-march)
* [Coping Calendar](https://www.actionforhappiness.org/coping-calendar) - *30 actions to look after ourselves during this global crisis*
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