Social Emotional Learning & Wellness		
Resource Name	**Grade Levels**	**Details**
Why and How to Teach Your Kids Mindfulness	Families	Article to share with families
Pathway 2 Success	Families	10+ SEL activities for families at home with printable, suitable for elementary students
Cosmic Kids	Primary	Videos for Yoga type activities for students
SEL at Home PK - 2 SEL at Home 3 - 5	Elementary	SEL activities for students to do at home. Includes videos and discussion questions
GoNoodle	Elementary	Movement and mindfulness videos created by child development experts
Khan Academy	Elementary and MS	Growth mindset activities
Centervention	Elementary and MS	Materials for lessons and small group sessions for these topics: *communication, cooperation, emotional regulation, impulse control, social initiation*
Nearpod Lesson Library	K - 12	Use the search term Social Emotional and the price point FREE to locate SEL lessons
Action for Happiness	Staff	Monthly themed calendars to promote SEL - Mindful March - Coping Calendar - *30 actions to look after ourselves during this global crisis*