

Social Emotional Learning & Wellness

Resource Name	Grade Levels	Details
Why and How to Teach Your Kids Mindfulness	Families	Article to share with families
PBS for Parents	Families	How to Talk to Your Kids about Coronavirus - includes Daniel Tiger resources
Common Sense Media	Families	Resources for families of students in all grades, on these topics: <i>helping your family destress; movement apps, games and websites; apps to help with mental health; what to watch, read and play</i>
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
NEW 3/23/20 SEL at Home PK - 2 SEL at Home 3 - 5	Elementary	SEL activities for students to do at home. Includes videos and discussion questions
Mindful Kids	Elementary	Free daily online mindfulness class for kids via zoom
Counselor Keri	Elementary	Video for students - coronavirus information including SEL ideas
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: <i>communication, cooperation, emotional regulation, impulse control, social initiation</i>
Nearpod Lesson Library	K - 12	Use the search term Social Emotional and the price point FREE to locate SEL lessons
Character Strong	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	Staff	Free “daily sanity break” at 3pm each weekday
Action for Happiness	Staff	Monthly themed calendars to promote SEL <ul style="list-style-type: none"> - Mindful March - Coping Calendar - 30 actions to look after ourselves during this global crisis

If you have a resource you recommend adding to this list, please email Maizy Jaklitsch, ONC BOCES Staff Developer, at mjaklitsch@oncboces.org

