

RESOURCES FOR PARENTS/GUARDIANS TO SUPPORT STUDENTS

SEL Content Area	Link	Learning Objective
Self-awareness	The Mindfulness App	<p>To become more present in your daily life with guided and silent meditation sessions.</p> 
Self-awareness	Headspace: Guided Meditation & Mindfulness	<p>To participate in meditation exercises with a coach that helps you learn as you go using the Headspace app.</p> 
Self-awareness	Gratitude Journal	<p>This app helps individuals to focus on the positive by identifying what you are thankful for each day.</p> 
Self-awareness	ColorMe	<p>Free coloring app to offer students a brain break and help reduce stress.</p> 
Self-awareness	Calm Classroom Exercises with Audio	<p>To create a calm home and e-learning environment by increasing self-regulation, mental focus, and self-awareness for the whole family.</p> 

Self-management	Breathe, Think, Do	<p>To help practice deep breathing and problem-solving skills (*To be used with younger learners)</p> 
Self-management	Go Noodle	<p>To encourage students to take a brain break and get moving! Students will release energy, practice mindfulness, and regroup so they may return to their E-learning focused and “ready to learn.”</p> 
Self-management	Stop Breathe & Think: Meditate	<p>To help individuals to take a break and reduce stress through meditation.</p> 
Self-management	Kids Coping Puzzle App	<p>To build a puzzle while sorting between positive and negative coping skills.</p> 
Self-regulation	Zones of Regulation	<p>To explore the Zones of Regulation Program and implement strategies to improve and/or maintain self-regulation.</p> 
Mindset	Khan Academy Mindset	<p>To participate in activities as a means to increase growth mindset.</p> 

Social Awareness	Listening Skills	To improve social awareness and enhance relationships by learning strategies for becoming an active listener. 
Social Awareness	Everyday Speech Social Skills \Games	To practice and increase social awareness. Everyday  Speech
Relationship Skills	Interpersonal Skills	To learn and improve communication, cooperation, emotional regulation, empathy, impulse control and social initiation to foster healthy, positive relationships. 
Decision Making	Everyday Speech Social Skills Games	To increase social awareness, relationships, & decision-making by using interactive online games for social skills, which includes conversation skills, school behavior, problem-solving, and more. Everyday  Speech

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General social & emotional supports	CASEL Covid Resources	The Collaborative for Academic, Social & Emotional Learning (CASEL) helps parents to explore and express emotions, build relationships and support each other and their children during this challenging time. 
Coping with stress	School is closed, now what?	To explore Author Jennifer Miller's (<i>Confident Parents, Confident Kids</i>) ideas for dealing with stress while at home with your children. 

Managing Anxiety	Managing kids' anxiety around the virus	To listen to 4 experts provide support and guidance to parents on ways to help your children manage anxiety through the coronavirus. 
Self-compassion	You don't have to strive for perfection' when homeschooling your kids	To review a list of reminders that we don't have to be the "perfect" teacher to our children during E-Learning. It's what classroom teachers want parents to know as well! (Article by Oona Hanson, Educator, and Parent Coach)

RESOURCES FOR FAMILIES

SEL Content Area	Link	Learning Objective
Mindfulness	Mindfulness Activities	To engage in activities that will enhance mindfulness for the whole family. 
Leader in Me	Leader in Me Resources	To enhance the family's knowledge and practice of our district SEL program, Leader in Me/LEAD. 
Self-regulation & Self-awareness	Calm Classroom Exercises with Audio	To create a calm home and e-learning environment by increasing self-regulation, mental focus, and self-awareness for the whole family. 
Self-regulation	Resources and ideas to support E-Learning A Parent's Guide to the Zones	To learn and/or enhance the family's knowledge of the Zones of Regulation and gain access to resources specific to E-Learning. 

Special thanks and credit for these resources is extended to:

Pathways 2 Success: (www.thepathway2success.com)

GoZen (www.gozen.com)

CENTERVENTION (www.centervention.com)

Khan Academy (www.khanacademy.org)

Calm Classroom (www.calmclassroom.com)

The Collaborative for Academic, Social, Emotional and Learning (www.casel.org)

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