

# **Social-Emotional Learning Resources for Families**

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## **Socio-Emotional Learning and Academics**

Wondering how to incorporate academic content and socio-emotional learning? See these brief one-pagers on how to incorporate interpersonal skills into your child's learning.

[History](#)

[Science](#)

[ELA](#)

## **Mindful Movement**

Looking for ways to incorporate movement?

[Cosmic Kids Yoga Youtube](#)

[Yoga 4 Classrooms Youtube](#)

[GoNoodle - Youtube](#)

## Social Lessons, Videos, and Activities

[Howard P. Wigglebottom](#) - Entertaining, educational books, videos, games and songs to help young children (K - 3) become better listeners, learn important life lessons and feel good about themselves.

[Class Dojo Big Ideas](#) - Character development videos and activities.

[The Character Tree](#) - Educational video subscription series for K - 2 (free through June 30, 2020).

[The Ned Show](#) - Character education website with videos, lesson plans, and other resources.

[Sanford Harmony At Home](#) - Research-based social emotional learning resources.

[PBS Kids](#) - Resources on self awareness, social awareness, self-management, responsible decision making, relationship skills, and moral functioning. Appropriate for grades PreK - 2.

[Everfi Social-Emotional Learning](#)

[Edutopia Social-Emotional Learning](#)

[Move This World: 3 minutes Happiness Strategy \(SEL lesson\)](#)

## Resources for Coping with Stress and Anxiety

[Protecting Your Mental Health During The Coronavirus Outbreak](#)

[Move This World \(COVID-19\)](#)

[Tips on Managing Anxiety and Stress \(COVID-19\)](#)

[Coronavirus Anxiety Tool Kit](#)

[Mindfulness Music](#) (YouTube with a variety of types of mindfulness music)

[Mindful Breathing](#) (YouTube with a variety of types of mindfulness breathing exercises)

[Headspace for Kids](#) (Guided mindfulness practices that help students explore their feelings)

[Worry Warrior Videos](#) (School counselor YouTube videos with how to combat worries and fears)

[Mind Yeti](#) (Free guided mindfulness sessions available in Spanish)

## Family Fun Activities

[Family Fun Activities](#) - At home activities for all grade levels (No technology required)

[Online Resources](#) - Read alouds, art classes, PE/movement, virtual field trips, and STEM resources

[Wide Open Schools](#)

## Family Social-Emotional Conversations & Games

[Social-Emotional TV/Movie Conversation Starters](#) - Questions to promote perspective taking and a discussion about actions, values, etc.

[Centervention](#) - SEL Printable Activities and videos for upper elementary and middle

[Centervention Games](#)

[Social Express](#)

# Parent Apps for Self-Care

[10 Apps to Help You Take Better Care of Yourself](#)

[Headspace](#)

[Headspace Covid-19 Specific](#)

[365 Gratitude Journal](#)

[Let's Meditate - Android](#)

[Let's Meditate - Apple](#)

[Happy Color \(Color by Number\) - Android](#)

[Happy Color \(Color by Number\) - Apple](#)

[I Am - Daily Affirmations - Android](#)

[I Am - Daily Affirmations - Apple](#)

# Kid Apps for Self-Care

[Breathe - Sesame Street](#)