



## **SEL RESOURCES FOR VIRTUAL CORE CURRICULUM**

*We understand that transitioning to a virtual platform can be both challenging and overwhelming. Listed are a few targeted resources to assist you in the transition. A comprehensive repository is also available to you on this website to further your school counseling distance learning resource platform.*

### **SEL Resources for Parents**

Web Entity	Description	Website
The National Child Traumatic Stress Network	Offers support, and resources to providers who work with children and families exposed to a wide range of traumatic experiences.	<a href="#">Coping in Hard Times: Fact Sheet for Youth</a>
Inside SEL	<a href="#">Inside SEL</a> has put together an initial list of resources, blog posts and guides to help cope during this volatile and difficult time.	<a href="https://insidesel.com/2020/03/12/covid-19/">https://insidesel.com/2020/03/12/covid-19/</a>
Why Try	A parent guide to resilience	<a href="#">Parent Guide to Resilience: Homepage</a>
Parent Teen Connect	Digital Platform for parents and teens to connect regarding various topics.	<a href="https://www.parentteenconnect.org">https://www.parentteenconnect.org</a>
Listening from the Heart	Spanish Resource for Social Emotional Learning at Home	<a href="https://drive.google.com/file/d/1H9BLpSj2OpjoVoJSsv3dZYY1Bhd7IFi5/view">https://drive.google.com/file/d/1H9BLpSj2OpjoVoJSsv3dZYY1Bhd7IFi5/view</a>

### **SEL Resources for Students**

Web Entity	Description	Website
Teens Health	<a href="#">KidsHealth</a> has age-appropriate resources for mental and physical health.	<a href="https://kidshealth.org/en/teens/your-mind/?WT.ac=t-nav-your-mind">https://kidshealth.org/en/teens/your-mind/?WT.ac=t-nav-your-mind</a>
Stress Management Lessons for teens	Videos for teens on stress management	<a href="https://drive.google.com/drive/folders/1iH8c4pP_gxwakzMUTyovvDQDiMYT1knE">https://drive.google.com/drive/folders/1iH8c4pP_gxwakzMUTyovvDQDiMYT1knE</a>
Khan Academy	Growth Mindset Activities are designed to help your students build growth mindsets and develop learning strategies to start the school year strong.	<a href="https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us">https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us</a>
BrainPop	Educational website with short animated movies for students in grades K-12 (ages 6 to 17), together with quizzes and related materials, covering a variety of subjects including SEL.	<a href="https://www.brainpop.com/health/">https://www.brainpop.com/health/</a>
Evidence Based Courses	Brain Training for Calm & Focus, digital courses help students focus their minds and manage their emotions so they can succeed in school.	<a href="https://www.evidencebasedcourses.com/#/">https://www.evidencebasedcourses.com/#/</a>

## **SEL Lessons**

Web Entity	Description	Website
EverFi	Social and emotional development is SEL resources designed to equip educators with tools to nurture skills like compassion, leadership,	<a href="https://everfi.com/partners/k-12-educators/social-emotional-learning/">https://everfi.com/partners/k-12-educators/social-emotional-learning/</a>

	conflict resolution, self-awareness, and resilience.	
<a href="#"><u>The Therapist Aid</u></a>	Get access to ready to go worksheets and activities on various topics.	<a href="https://www.therapistaid.com/therapy-worksheets">https://www.therapistaid.com/therapy-worksheets</a>  <a href="#">Gratitude Jar</a> <a href="#">Goal Exploration</a> <a href="#">Healthy v Unhealthy Thoughts</a>
<b>PBIS-CALTac</b> California Technical Assistance Center on Positive Behavioral Interventions and Supports	Archive of PBIS Lessons- so much to see! Cal Tac	<a href="http://www.pbiscaltac.org/resources-highschool.html">http://www.pbiscaltac.org/resources-highschool.html</a>
<b>Inside SEL</b>	Library of resources for educators, parents and community	<a href="https://insidesel.com/resources/">https://insidesel.com/resources/</a>
<b>Stress Management Lesson</b>	Lesson on how to cope with stress. Created by a School Counselor	<a href="https://drive.google.com/drive/folders/1ZuLnkT1AxuD03SM9DxlButIk5qJamnFz">https://drive.google.com/drive/folders/1ZuLnkT1AxuD03SM9DxlButIk5qJamnFz</a>
<b>Teens Health</b>	Breathing exercise videos to share as a lesson for teens.	<a href="https://kidshealth.org/en/teens/relax-breathing.html?ref=search">https://kidshealth.org/en/teens/relax-breathing.html?ref=search</a>

## **SEL Apps**

Web Entity	Description	Website
<b>Smiling App</b>	Free app that has various guided meditation options which can help eliminate your negative thoughts and focus on positivity.	<a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a>
<b>Coloring App</b>	Relieve your stress and get creative with this free <a href="#">coloring book app</a> . (This requires a device that uses Apple or Android).	<a href="https://apps.apple.com/us/app/color-me-coloring-book-for/id1040802159">https://apps.apple.com/us/app/color-me-coloring-book-for/id1040802159</a>

<b>MindShift App</b>	<a href="#">MindShift App</a> uses strategies to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. (This requires a device that uses Apple or Android).	<a href="https://www.anxietycanada.com/resources/mindshift-cbt/">https://www.anxietycanada.com/resources/mindshift-cbt/</a>
<b>Calm App</b>	Promotes sleeping better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories.	<a href="http://www.calm.com">www.calm.com</a>

*\*\*For a full list of comprehensive resources, please follow the following link:*

<https://docs.google.com/spreadsheets/d/1 zzWfwa4y4AW3hvL-RccNEGRDxtmFZ7uBmEiCyMdcVc/edit#gid=0>