



## WUSD **Parent** Social Emotional Resources

Below are resources for parents and educators to utilize while at home. These resources are not paid for or sponsored by WUSD. Parents, please review the links prior to student use to ensure it is the correct content/age level for your child.

| <b>Content Area</b> | <b>Grade Level</b> | <b>Title/Description</b>  | <b>Website Link</b>   |
|---------------------|--------------------|---|---|
| Article             | Parents            | Practical strategies for families to cope with changes resulting from Coronavirus   | <a href="#">Parent Guide to Resilience</a>  |
| Articles            | Parents            | Dealing with disappointment around the Coronavirus cancellations  | <a href="#">Positive Coach</a><br><a href="#">Talking to Kids About the Coronavirus</a><br><a href="#">Coronavirus (COVID-19): How to Talk to Your Child (for Parents) - Nemours</a><br><a href="#">10 tips for talking about COVID-19 with your kids</a>   |
| Articles            | Parents            | Talking to children about Covid-19<br><br><br><br><br><br><br><br><br><br>Coping Skills + Social Stories (specific to coronavirus): | <a href="#">Talking to Children About COVID-19 (Coronavirus): A Parent Resource</a><br><a href="#">How to Talk to Your Kids About Coronavirus</a><br><a href="#">How to Explain Coronavirus COVID-19 to a Child with Anxiety</a><br><a href="#">Talking with Children About Coronavirus Disease</a><br><a href="#">Whole Child Counseling</a> |

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| Article             | Parents | My kid's school is closed, so now what?  | <a href="#">Confident Parents Confident Kids</a>   |
| Activity            | TK-8    | 30 days of Lego play calendar  | <a href="#">Lego calendar</a>  |
| Article             | Parents | How you and your kids can de-stress during Coronavirus.                            | <a href="#">PBS for Parents</a>  |
| Read Aloud          | All     | Favorite kid's books read by famous people   | <a href="#">Story Online</a>   |
| Social Emotional    | TK-8    | Free & Fun Social Emotional Learning activities                                    | <a href="#">Social-Emotional Learning Activities</a>   |
| Interactive History | 3-12    | Digital archive of history   | <a href="#">Bunk History</a>   |
| Movement            | All     | Body Movement breaks to get the wiggles out  | <a href="#">GoNoodle: Home</a><br><a href="#">Sami's Circuit</a><br><a href="#">Bring It Down - Flow   GoNoodle</a><br><a href="#">Rainbow Breath - Flow   GoNoodle</a><br><a href="#">Therapy Worksheets, Tools, and Handouts</a> |
| Movement            | TK-8    | 50 easy indoor activities for children   | <a href="#">Indoor Activities</a>  |
| Time Management     | TK-8    | Create a (simple) daily routine  | <a href="#">Daily Schedule for ADHD Families: Coronavirus Homeschooling Plan</a>   |
| Behavior Support    | TK-6    | 100 Coping Strategies  | <a href="#">100FreeCopingStrategies.pdf</a>  |
| Activity            | All     | Julia Cook Reading Social Emotional Books Aloud - Mondays and Fridays Central Time | <a href="#">Julia Cook - Home</a>  |
| Activity            | All     | Mindfulness Coloring Book  | <a href="#">Mindful Coloring</a>   |