

<p><u>Self-Care</u> Jeffco's Virtual Calm Room</p> <p>Mindfulness & Stress Reduction</p> <p>Taking Care of Yourself</p> <p>Self Care Plan</p> <p>Support Positive Thinking and Positive Self Talk: Self Esteem Resources-How To Teach Positive Self Talk</p>	<p><u>Elementary School</u> What is Second Step</p> <p>Elementary School Developmental Milestones</p> <p>PBS Kids</p> <p>The Imagine Neighborhood</p> <p>Sesame Street in Communities</p>	<p><u>Middle/High School</u> What Is Second Step</p> <p>Middle School Developmental Milestones</p> <p>Sources of Strength</p> <p>12 Talks to Have w/ Teens</p> <p>High School Developmental Milestones</p>	<p><u>Physical Health & Wellness</u> COVID-19 Vaccines for Children and Teens</p> <p>Physical Wellness and Health Activities</p> <p>How much sleep does your child need?</p> <p>Healthy Eating Habits</p>
<p><u>Parent Support</u> Tips for Parents: Building Your Children's Resilience</p> <p>Short Parent Coaching Videos (topics include defiance, staying calm and others!)</p> <p>Perspective for Parents Podcast</p> <p>Racial Equity Resources: Family-friendly content on understanding and talking about racism and helping people impacted by racism</p> <p>Grief and Loss and Rites of Passage Resources English Spanish Vietnamese Russian</p>	<p>Social & Emotional Supports for Students and Families</p> <p>Green Mountain Articulation Area</p> 		<p><u>Community Resources & Supports</u> Jeffco Grab and Go Meals</p> <p>The Action Center</p> <p>Jefferson County Public Library Resources</p> <p>El Centro de las Familias Bilingual mental health services</p> <p>The LGBTQ Center of Colorado Programing and support for the LGBTQ community</p> <p>Jeffco Families Colorado</p>
<p><u>Social Emotional Learning Activities for Home</u> Random Acts of Kindness (K-8)</p> <p>Sanford Harmony at-home lessons (K-6)</p> <p>Second Step: Free Resources for Educators & Families (K-6)</p> <p>School-Connect (Grades 6-12)</p> <p>CASEL COVID Resource</p>	<p><u>Technology</u> Using Technology with Healthy Boundaries</p> <p>How Much Screen Time?</p> <p>Teen tips to navigate screens safely</p> <p>Jeffco Digital Wellness</p> <p>Jeffco Digital Citizenship</p>	<p><u>Parents & Students</u> ParenTeenConnect.org</p> <p>Naming & validating feelings can help minimize emotional reactivity! Feelings vocabulary & tips here</p> <p>Positive Behavior Support Strategies for the Home</p> <p>Restorative Practices at Home</p>	<p><u>Mental Health Resources</u> Jeffco Student Mental Health Hub</p> <p>Jeffco Community Resources</p> <p>COVID-19 Mental Health Supports</p> <p>Crisis Numbers and Resources</p> <p>Local Therapists</p>