

Resource Guide for Parents and Students:

Preparing for Back to School in Virtual Learning

[CDC Back to School Checklist for Parents: includes resources for virtual learning and emotional wellness](#)

[USA Today: Planning for a Successful Virtual Learning Experience](#)

Helping Families cope with COVID-19:

[Helping your child deal with disappointment when everything is cancelled](#)

[CDE: Surgeon General's Playbook on Stress Relief for Caregivers and Kids](#)

[PUSD Health Services Resource Guide](#)

[Image: How to help children cope](#)

[California Parent and Youth Helpline](#)

Weekly Social-Emotional Learning (SEL) Activities:

[SEL Activities: Weeks 1-4](#)

Coping with Anxiety:

[Helping kids handle worry](#)

[Helping your middle school child cope with stress and anxiety](#)

[Parent presentation: how to help your child cope with stress and anxiety](#)

[Image: helping your child cope - strategies at home](#)

Mindfulness and Self-Care:

[Short Mindfulness videos](#)

[Printable Mandalas for coloring](#)

[Positive quotes coloring printables](#)

[Self Care Bingo Challenge](#)

[Gratitude Reflection](#)

[Gratitude Scavenger Hunt](#)

Mental Health Support:

[Family Connections Therapy](#)

[Teen Guide to Mental Health and Wellness from SDCOE](#)

Food, Utilities, Community Assistance:

[Call 2-1-1](#) for all needs re: health care, safety, food needs, utilities, housing, finances/taxes

[PUSD Grab & Lunch for students](#)

[United Way assistance](#)

[Friends and Families Community Connection in Poway](#)

[Comcast application for free Broadband service](#)

Educational Links:

[San Diego County Office of Education: What's Happening During School Closures](#)

[PUSD COVID-19 Updates](#)

[PUSD Optional Learning Resources](#)