

Social Work Activities

Listed or links, and organized in whichever way you want;

Please have updated by 3/17/2020

Early Elementary: online resource for various social skills/topics with videos/lessons

- <https://wedolisten.org/>

E-Learning lessons for middle school and high school:

<https://docs.google.com/presentation/d/1B9bmIIP8ZiT6T2lqb33Ec4fwXZy2XbXS0E13-3g5eu0/e/dit?usp=drivesdk>

K-8 Free SEL activities

<https://www.centervention.com/social-emotional-learning-activities/>

K-8 Free Social Skills activities

<https://www.centervention.com/social-skills-resources-for-parents/>

Help kids manage coronavirus anxiety

<https://gozen.com/coronavirus-anxiety/>

K-high school topics- links vary depending on level of student

https://docs.google.com/spreadsheets/d/1uLmHt3yxmUR4UacBsR8oEZ3bYgx2u8lqOb-RFhn_Rao/htmlview?urp=gmail_link

Middle school- high school (challenging thoughts, managing anger, managing distress, identifying and rating feelings, relaxation and sleep hygiene)

https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html#