Resources for Educators and School Communities

Adult Self-Care:

- [Flexibility in the Midst of Crisis (via Psychology Today/Dr. Gil Noam)](#)
- [Managing Anxiety Around COVID-19: Tips for You and Your School Community (via Yale Center for Emotional Intelligence/RULER)](#)
- [Regulating Emotions in a COVID-19 World (via Tom Hollenstein)](#)
- [Virus Anxiety Resources](#)
- [Mindfulness Resource Pack for District Leaders (via Panorama)](#)
- [Adult SEL Toolkit (via Panorama)](#)

Resources for Educators and School Communities:

- [8 Strategies for Building a Sense of Belonging With Students and Families Virtually (via Panorama)](#)
- [5 Equity-Centered SEL Strategies for Addressing Learning Recovery (via Panorama)](#)
- [17 Apps to Help Kids Stay Focused (via CommonSense Media)](#)
- [Apps That Act Like Math and Science Tutors for Homework Help (via CommonSense Media)](#)
- [5 Online Learning Resources to Build Belonging and Connectedness with Students and Families (via Panorama)](#)
- [How Student Services Leaders Can Adapt to Distance Learning (via Panorama)](#)
- [CommonLit Resources to Support Teleschool Plans: COVID-19 (via CommonLit)](#)
- [Distance Learning Reflection and Planning Toolkit (via Achievement Network)](#)
- [E-Learning Tools for Distance Education (via Yale Center for Emotional Intelligence/RULER)](#)
- [Free BrainPop Access for Schools Closed Due to the Coronavirus (via BrainPop)](#)
- [Free SEL Activities and Practices (via Greater Good in Education)](#)
- [Free Workshop On Creating Kick-Ass Online Workshops (via The Flourishing Center)](#)
- [Managing Anxiety Around COVID-19: Tips for You and Your School Community (via Yale Center for Emotional Intelligence/RULER)](#)
- [Movement Apps, Games, and Websites (via CommonSense Media)](#)
- [Most Schools Are Not Ready For Coronavirus, But They Can Be (via Digital Promise)](#)
- [Navigating Uncertain Times: How Schools Can Cope With Coronavirus (via EdSurge)](#)
- [SEL and COVID-19 (via CASEL)](#)
- [Top Time-Management Apps (via CommonSense Media)](#)
- [Digital and Civic Literacy Skills (via Teaching Tolerance)](#)
- [Trauma-Informed SEL Toolkit (via Transforming Education)](#)

Diversity, Equity & Inclusion:

- [Speaking Up Against Racism Around the New Coronavirus (via Teaching Tolerance)](#)
- [Coronavirus: Countering Biased Responses (via Morningside Center)](#)
- [The Coronavirus Surfaces Fear, Stereotypes and Scapegoating (via Anti-Defamation League)](#)
- [3 Key Equity Considerations for Distance Learning From Education Leaders (via Panorama)](#)

Resources for Families and Parents:

- [Supporting Mental Health at Home: Activities, Worksheets, and Resources for Families (via Move This World)](#)
- [17 Apps to Help Kids Stay Focused (via CommonSense Media)](#)
- [Best Documentaries (via CommonSense Media)](#)
- [Best Family Movies (via CommonSense Media)](#)
- [Best Music Apps and Games for Kids (via CommonSense Media)](#)
- [BrainPop on Coronavirus](#)
- [Dance Games (via CommonSense Media)](#)
- [Device-Free Dinner Guidelines (via CommonSense Media)](#)
- [Free Educational Apps, Games, and Websites (via CommonSense Media)](#)
- [Free SEL Activities and Practices (via Greater Good in Education)](#)
- [How to Talk to Kids About Coronavirus (via Open Circle)](#)
- [How To Talk To Your Kids About Coronavirus (via PBS)](#)
- [Designing Learning From Home Experiences with UDL (via Novak Education)](#)
- [Meditation Apps for Kids](#)
- [My Kid's School is Closed, So Now What? (via Confident Parents, Confident Kids)](#)
- [Sibling Watch-Together TV (via CommonSense Media)](#)
- [Talking to Children About COVID-19 (via NASP)](#)
- [Teaching Kids Media Smarts During Breaking News (via CommonSense Media)](#)
- [Virus Anxiety Resources](#)
- [5 Ways to Help Teens Manage Anxiety About the Coronavirus (via New York Times)](#)

Other/Miscellaneous:

- [U.S. Department of Education COVID-19 Resources](#)