

# SUPPORTING EACH OTHER THROUGH COVID-19

Managing Anxiety around COVID-19

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.commonsemmedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Consejos para usar la tecnología en familia durante la crisis del Coronavirus

<https://www.commonsemmedia.org/espanol/blog/consejos-para-usar-la-tecnologia-en-familia-durante-la-crisis-del-coronavirus>

COVID-19: Five Helpful Responses for Families

<https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/>

COVID-19: Cinco Respuestas que Pueden Ayudar a Las Familias

<https://consciousdiscipline.com/covid-19-cinco-respuestas-que-pueden-ayudar-a-las-familias/>

Webinars: Parent CliffsNotes for the Skills of Conscious Discipline with Amy Speidel

<https://consciousdiscipline.com/webinars-parent-cliff-notes-for-the-skills-of-conscious-discipline/>

## **SOCIAL-EMOTIONAL LEARNING**

Elementary Students – SEL Activities -

<https://www.cfchildren.org/blog/tag/elementary/>

Middle Students – SEL Activities -

<https://www.cfchildren.org/blog/tag/middle-school/>

Podcast for Children and Their Grown-Ups -

<https://www.imagineneighborhood.org/>

Mind Yeti on YouTube

<https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw>

Mind Yeti on YouTube – en Espanol

<https://www.youtube.com/playlist?list=PLiaUKiwbiHMSzAac5smgxc98Huui9KwC->

Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

We're in this Together: Promoting Positive Mental Health for Teens Feeling Isolated

<https://secure.qgiv.com/event/inthistogether/>

Social and Emotional Learning Tools (PreK-6)

[https://online.sanfordharmony.org/?utm\\_source=LPI+Master+List&utm\\_campaign=5efefb01f7-LPMC\\_COVID-19-Resources\\_20200319&utm\\_medium=email&utm\\_term=0\\_7e60dfa1d8-5efefb01f7-42294915](https://online.sanfordharmony.org/?utm_source=LPI+Master+List&utm_campaign=5efefb01f7-LPMC_COVID-19-Resources_20200319&utm_medium=email&utm_term=0_7e60dfa1d8-5efefb01f7-42294915)

Discover Gratitude Journaling Challenge – (6-12)

<https://www.mayoclinichealthsystem.org/gratitude>

## **LEARNING AT HOME**

Khan Academy – Khan Kids (ages 2-7) – app required

<https://learn.khanacademy.org/khan-academy-kids/>

Khan Academy – Learning Videos in Math, Science/Engineering, Computer Tech and Social Studies!

<https://www.khanacademy.org/>

Free Online Events and Activities for Kids at Home

<https://www.commonsemmedia.org/blog/free-online-events-activities-kids-at-home-coronavirus>

Apps for Students with Special Needs

<https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter>

How to “Home-School” during the Coronavirus Crisis with Free Resources

<https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>

Family Resources (K-3)

<https://www.springboardcollaborative.org/resources/family-resources/>

Recursos Familiares

<https://www.springboardcollaborative.org/resources/recursos-familiares/>

Tour College Campuses Virtually!

<http://www.ecampustours.com/>

<https://www.youvisit.com/collegesearch/>

## **HEALTHY HABITS**

Help Your Child Eat STEM for Breakfast

<https://ptaourchildren.org/eat-stem-for-breakfast/>

8 Indoor Activities to Release Kids' Energy

<https://www.pbs.org/parents/thrive/8-indoor-activities-to-release-kids-energy>