


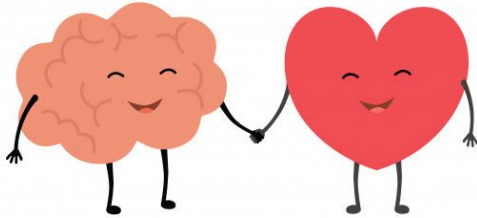


Social Emotional Learning and Support at Home

<p>SOCIAL EMOTIONAL learning RESOURCES</p> 	<p>SEL Activities and Packets:</p> <ul style="list-style-type: none">• Take Home SEL Packet• Covid-19 Time Capsule• Coping Skills Cheat Sheet• Mindfulness Exercises for Kids• Variety of Free Printable Journal Templates• Family Schedule Template• Daily Journal Topics• Through My Window- Perspective/Coping Skills Reading Activity
<p>Mental Health Support</p> 	<ul style="list-style-type: none">• Mental Health/Calming Apps• Golden Valley Health Center• Community Resource List- English• Community Resource List- Spanish• Additional Resources- Stanislaus County (English)• Additional Resources- Stanislaus County (Spanish)• Dysregulation-Supporting Highly Emotional Child• Managing COVID-19 Anxiety• 10 Things You Can Do To Help Students Who Are Anxious About COVID-19• Supporting Families During COVID-19 <p>Grief Support:</p> <ul style="list-style-type: none">• Community Hospice Website
<p>Healthy Habits</p> 	<ul style="list-style-type: none">• Kids Health Website• Wash Those Germs! Images and Information• Wash Those Germs! Activities• Sleep for Kids <p>Videos:</p> <ul style="list-style-type: none">• How to See Germs Spread YouTube Video• How Your Immune System Works• How The Body Works Channel• Corona Virus (COVID-19): How You Can Stop The Spread

Social Emotional Wellness Websites



- [Action for Happiness](#)
 - [April Coping Skills Calendar \(English\)](#)
 - [April Coping Skills Calendar \(Spanish\)](#)
 - [May Coping Skills Calendar \(English\)](#)
 - [May Coping Skills Calendar \(Spanish\)](#)
- [Random Acts of Kindness](#)

Kid-Friendly YouTube Channels and Videos



- [Kids Art Hub](#)
- [Cosmic Kids Yoga and Mindfulness](#)
- [Have Compassion Exercise](#)
- [5 Minute Self Compassion Break](#)
- [Science of Kindness](#)
- [Kindness Song](#)
- [Empathy](#)
- [Sesame Street: Mark Ruffalo on Empathy](#)
- [I'm Not Going to Quit- Perseverance Song](#)
- [Growth Mindset: The Truth About Your Brain](#)
- [Sesame Street: Robin Williams on Conflict Resolution](#)
- [Why Do We Lose Control of Our Emotions?](#)

Read aloud Books and Stories:

- [Time to Come In, Bear: A Children's Story About Social Distancing](#)

Educational Learning Opportunities at Home



- [Storyline Online- Read aloud stories read by actors](#)
- [Free Learning Websites](#)
- [Learn at Home Using Tech](#)
- [PBS Free Resources](#)
- [Virtual Field Trip](#)