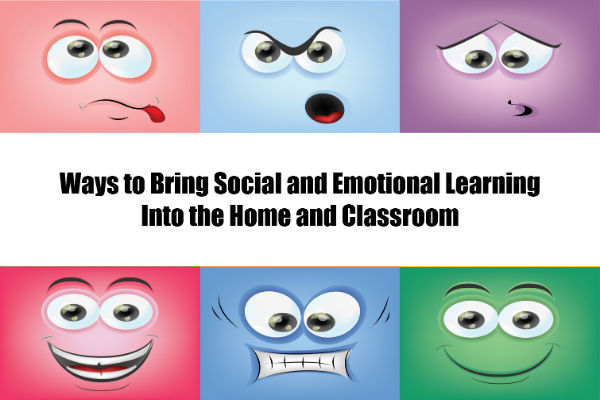
**[Social and Emotional Learning](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbml.co%2Ft%2Fc%2Fde1bfad5-ea2d-4a79-9202-93832c06bd23%2F089eb0a4-dc22-4f7b-a13d-f612bd1fc803&data=02%7C01%7Crobinsontl%40scsk12.org%7C27da54b6865f4a05b15108d735d48ecf%7C2b291c945eb044b789ea4baf16ecc4a9%7C1%7C0%7C637037059368402412&sdata=Rv44fdBDHIk6vZ4o9E%2FbRFQF8LT28yQfxPL7VFwrCHY%3D&reserved=0" \o "Original URL: https://bml.co/t/c/de1bfad5-ea2d-4a79-9202-93832c06bd23/089eb0a4-dc22-4f7b-a13d-f612bd1fc803. Click or tap if you trust this link." \t "_blank)**

[](https://nam03.safelinks.protection.outlook.com/?url=https://bml.co/t/c/80d45cdd-081b-4a69-9275-fa591ae7c55d/089eb0a4-dc22-4f7b-a13d-f612bd1fc803&data=02|01|robinsontl@scsk12.org|27da54b6865f4a05b15108d735d48ecf|2b291c945eb044b789ea4baf16ecc4a9|1|0|637037059368412404&sdata=Uaoo/vEJ6VjEplsxBWA9MFdi7aTmudInA8cmlXmOInU%3D&reserved=0)

As social media becomes more prevalent, social norms change, and incidences of suicide, violence in schools, and drug use among teens increase, social and emotional learning (SEL) becomes more important. It's not enough for students to know the basics of reading, math, science, and social studies. They must also be taught how to interact with others, manage emotions, and make responsible decisions. [**Read More**](https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbml.co%2Ft%2Fc%2F6b5a7ca8-5ec5-4b22-87ab-39f2aba79425%2F089eb0a4-dc22-4f7b-a13d-f612bd1fc803&data=02%7C01%7Crobinsontl%40scsk12.org%7C27da54b6865f4a05b15108d735d48ecf%7C2b291c945eb044b789ea4baf16ecc4a9%7C1%7C0%7C637037059368422399&sdata=5IV%2Bg37F8d%2B8KMigqV1u62OxIQJ%2F5diDF2URIQ2t3wA%3D&reserved=0)

Helpful resources for parents, students and educators [**here**](https://docs.google.com/document/d/1taViqZGFH_gveDjfp-o82TRHYB4uXnBk_e_cWKgyV_I/edit?usp=sharing) to expand our shared knowledge and support as many individuals as possible.

**Adult Self-Care Tips:**

* [Flexibility in the Midst of Crisis (via Psychology Today/Dr. Gil Noam)](https://www.psychologytoday.com/us/blog/the-inner-life-students/202003/flexibility-in-the-midst-crisis)
* [Managing Anxiety Around COVID-19: Tips for You and Your School Community (via Yale Center for Emotional Intelligence/RULER)](https://www.rulerapproach.org/managing-anxiety-around-covid-19/)
* [Reduce Student Anxiety (And Your Own) During Uncertain Times (via CommonSense Media)](https://www.commonsense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc_sub=179466459&l=2048712_HTML&u=143457638&mid=6409703&jb=366&utm_source=edu_nl_20200317&utm_medium=email)
* [Regulating Emotions in a COVID-19 World (via Tom Hollenstein)](https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294)
* [Supporting Learning and Well-Being During the Coronavirus Crisis (via GGSC)](https://ggie.berkeley.edu/supporting-learning-and-well-being-during-the-coronavirus-crisis/?utm_source=Greater+Good+Science+Center&utm_campaign=e7dbde7ceb-ED_NEWSLETTER_MARCH_2020&utm_medium=email&utm_term=0_5ae73e326e-e7dbde7ceb-74672199)
* [Using Social Emotional Learning to Help in Times of Stress (via Hull Services)](https://files.constantcontact.com/23250e88301/79bb103d-d9f8-4ae0-bc77-d3db7b031bf7.pdf)
* [Virus Anxiety Resources](https://www.virusanxiety.com/take-care)
* [Wellness Resources for Educators (via Breathe For Change)](https://www.breathe4change.com/educators--schools.html)

**Diversity, Equity & Inclusion:**

* [Coronavirus: Countering Biased Responses (via Morningside Center for Teaching Social Responsibility)](https://www.morningsidecenter.org/teachable-moment/lessons/coronavirus-countering-biased-responses)
* [Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How to Support Our Students (via Cyberbullying Research Center)](https://cyberbullying.org/coronavirus-online-learning-social-isolation-cyberbullying)
* [Digital and Civic Literacy Skills (via Teaching Tolerance)](https://www.tolerance.org/frameworks/digital-literacy)
* [Speaking Up Against Racism Around the New Coronavirus (via Teaching Tolerance)](https://www.tolerance.org/magazine/speaking-up-against-racism-around-the-new-coronavirus)
* [The Coronavirus Surfaces Fear, Stereotypes and Scapegoating (via ADL)](https://www.adl.org/blog/the-coronavirus-surfaces-fear-stereotypes-and-scapegoating)

**Parenting Resources:**

* [17 Apps to Help Kids Stay Focused (via CommonSense Media)](https://www.commonsensemedia.org/lists/13-apps-to-help-kids-stay-focused?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332598&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [America’s Promise Alliance COVID-19 Resources (via America’s Promise Alliance)](https://docs.google.com/document/d/1Rom9Sz1LN2iNfFI7GHCN3erzdUCzuHjUl5q6kmZ4cmE/edit)
* [Best Documentaries (via CommonSense Media)](https://www.commonsensemedia.org/lists/best-documentaries?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332597&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Best Family Movies (via CommonSense Media)](https://www.commonsensemedia.org/movie-lists/family-movies-we-love?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332594&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Best Music Apps and Games for Kids (via CommonSense Media)](https://www.commonsensemedia.org/lists/best-music-apps-and-games-for-kids?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332591&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [BrainPop on Coronavirus](https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/)
* [COVID-19 Journal (via Hub for Helpers)](https://www.hubforhelpers.com/product/covid-19-journal/)
* [COVID-19, School Cancellation, and Trauma (STARR Commonwealth)](https://starr.org/covid-19-school-cancellation-and-trauma/)
* [Dance Games (via CommonSense Media)](https://www.commonsensemedia.org/lists/dance-games?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332604&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Designing Learning From Home Experiences with UDL (via Novak Education)](https://docs.google.com/document/u/0/d/1bEjLtXXPN0K5Gs1kkk3Tt6eIXr2BVm71XsS0hP2lg8w/mobilebasic?urp=gmail_link)
* [Device-Free Dinner Guidelines (via CommonSense Media)](https://www.commonsensemedia.org/device-free-dinner?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332606&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Emotional Intelligence Podcast For Kids (via The Imagine Neighborhood)](https://www.imagineneighborhood.org/?fbclid=IwAR2DM6rb2FAa73o9KV4smTr9zI48pZ1-rR5YwwpkxtPSPJR3qQAQUXJztk8)
* [Family Engagement in Schools: A Comprehensive Guide (via Panorama Education)](https://www.panoramaed.com/blog/family-engagement-comprehensive-guide)
* [Free Digital Resources Aligned with SEL (via CharacterStrong)](https://characterstrong.lpages.co/educator-resources/)
* [Free Educational Apps, Games, and Websites (via CommonSense Media)](https://www.commonsensemedia.org/lists/free-educational-apps-games-and-websites?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332600&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Free SEL Activities and Practices (via Greater Good in Education)](https://ggie.berkeley.edu/practices/)
* [Free Video Lessons to Teach SEL at Home (via 6 Minute SEL)](https://www.youtube.com/watch?v=AS8mOtBmQcE&feature=emb_title)
* [How School Closures Can Strengthen Your Family (via Greater Good Science Center at UC Berkeley)](https://greatergood.berkeley.edu/article/item/how_school_closures_can_strengthen_your_family)
* [How to talk to children about the coronavirus (via Harvard Medical School)](https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111)
* [How to Talk to Kids About Coronavirus (via Open Circle)](https://www.open-circle.org/what-s-new/how-to-talk-to-kids-about-coronavirus)
* [How To Talk To Your Kids About Coronavirus (via PBS)](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?utm_source=LINKEDIN_COMPANY&utm_medium=social&utm_term=20200310&utm_content=3190319287&utm_campaign=WGBH)
* [Just For Kids: A Comic Exploring the New Coronavirus (via NPR)](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus)
* [Meditation Apps for Kids](https://www.commonsensemedia.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332603&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [My Kid’s School is Closed, So Now What? (via Confident Parents, Confident Kids)](https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/)
* [Psychological Tips for Children and Adolescents’ Emotions (via University of Verona)](https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf)
* [Resources for Families During the Coronavirus Pandemic (via CommonSense Media)](https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic?j=7704934&sfmc_sub=179466459&l=2048712_HTML&u=143543079&mid=6409703&jb=2160&utm_source=covid19_landingpages_jim&utm_medium=email)
* [Resources for Supporting Children’s Emotional Well-Being During the COVID-19 Pandemic (via Child Trends)](https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic?fbclid=IwAR0aG2vVwafOU4FzLKbYXTnHt13cY1hVKldDGuVSplD0YySE3iR3Aof2Uc4)
* [SEL Activities for Families (via Guilford County Schools)](https://www.gcsnc.com/Page/6417)
* [SEL Video Resources for Home (via Move This World)](http://movethisworld.com/supporting-mental-health-covid-19/sel-video-resources-for-home-free-access?utm_source=Newsletter+Master+List&utm_campaign=4b78af5070-EMAIL_CAMPAIGN_2020_03_17_02_15&utm_medium=email&utm_term=0_772a4f36a4-4b78af5070-430773113)
* [Sibling Watch-Together TV (via CommonSense Media)](https://www.commonsensemedia.org/lists/sibling-watch-together-tv?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332596&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Social Emotional Learning Supports For Children and Young Adults Around COVID-19 (via SEL4TX)](https://sel4us.org/blog/social-emotional-learning-supports-around-covid-19/)
* [Student and Family Well-Being Resources (via Breathe For Change)](https://www.breathe4change.com)
* [Student Mental Health and Self-Care Free Resources](https://forhighschoolcounselors.blogspot.com/2017/11/student-mental-health-and-self-care.html)
* [Talking to Children About COVID-19 (via NASP)](https://drive.google.com/file/d/1rL2kOHKgMYzGxfIQoQLyggzLNlU-25rc/view)
* [Teaching Kids Media Smarts During Breaking News (via CommonSense Media)](https://www.commonsensemedia.org/blog/teaching-kids-media-smarts-during-breaking-news?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332602&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Using Social Emotional Learning to Help in Times of Stress (via Hull Services)](https://files.constantcontact.com/23250e88301/79bb103d-d9f8-4ae0-bc77-d3db7b031bf7.pdf)
* [Virus Anxiety Resources](https://www.virusanxiety.com/take-care)
* [YouTube Channels for Middle Schoolers and High Schoolers for Learning from Home During COVID-19 School Closures (via Fordham Institute)](https://fordhaminstitute.org/national/commentary/great-youtube-channels-middle-schoolers-and-high-schoolers-learning-home-during)

**Resources for School Communities:**

* [17 Apps to Help Kids Stay Focused (via CommonSense Media)](https://www.commonsensemedia.org/lists/13-apps-to-help-kids-stay-focused?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332598&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [16 Free Resources for Schools Who Are Closing Due to Coronavirus](https://www.coolcatteacher.com/16-free-resources-for-schools-who-are-closing-due-to-coronavirus/?fbclid=IwAR1F5llQadb78pZrH0X45XJh3eJgDAfMThZr-8AKDz2vZx4CG_PrlRv8zHY)
* [9 Things Educators Need to Know About Coronavirus (via Education Week)](https://www.edweek.org/ew/articles/2020/02/28/9-things-educators-need-to-know-about.html?cmp=eml-eb-ad_popweek_03062020&M=59059338&U=2913388&UUID=8c232ab5f1cf1bec20a6afc2cdf72a26)
* [Amazing Educational Resources List](http://www.amazingeducationalresources.com/)
* [America’s Promise Alliance COVID-19 Resources (via America’s Promise Alliance)](https://docs.google.com/document/d/1Rom9Sz1LN2iNfFI7GHCN3erzdUCzuHjUl5q6kmZ4cmE/edit)
* [Apps That Act Like Math and Science Tutors for Homework Help (via CommonSense Media)](https://www.commonsensemedia.org/lists/apps-that-act-like-math-and-science-tutors-for-homework-help?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332599&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Best Tools for Virtual and Distance Learning (via CommonSense Media)](https://www.commonsense.org/education/top-picks/best-tools-for-virtual-and-distance-learning)
* [CommonLit Resources to Support Teleschool Plans: COVID-19 (via CommonLit)](https://blog.commonlit.org/free-resources-to-support-teleschool-plans-covid-19-5b3955333e05)
* [Coronavirus Resources: Teaching, Learning and Thinking Critically (via New York Times)](https://www.nytimes.com/2020/03/11/learning/coronavirus-resources-teaching-learning-and-thinking-critically.html)
* [COVID-19 and Homelessness: Strategies for Schools and Early Learning Programs (via School House Connection)](https://www.schoolhouseconnection.org/covid19-and-homelessness/?fbclid=IwAR3WLK6AyPtsehXMt4KTNoAHJeykI-HXJk9FQ4LY_1gYyLt1h9LbP1zY2jU)
* [E-Learning Tools for Distance Education (via Yale Center for Emotional Intelligence/RULER)](https://mcusercontent.com/00d9776bca68be705b511d0b5/files/4cdba6e8-fdb8-4f50-8791-043ae3c6d8d3/eLearning_Tools_Distance_Education.pdf)
* [EQ in your PJs — Free Online SEL Lessons (via School Connect)](https://school-connect.blog/eq-in-your-pjs-2/)
* [Free Access to Rethink SEL (via Rethink Ed)](https://go.rethinkfirst.com/rethink-covid19-access)
* [Free BrainPop Access for Schools Closed Due to the Coronavirus (via BrainPop)](https://educators.brainpop.com/2020/02/19/free-brainpop-access-for-schools-affected-by-the-corona-virus/)
* [Free Digital Resources Aligned with SEL (via CharacterStrong)](https://characterstrong.lpages.co/educator-resources/)
* [Free SEL Activities and Practices (via Greater Good in Education)](https://ggie.berkeley.edu/practices/)
* [Free Workshop On Creating Kick-Ass Online Workshops (via The Flourishing Center)](https://zoom.us/meeting/register/v5Qoc-mgrD8uoY_PXyZ6wWgqdMEJ-EU0gw?fbclid=IwAR0k1MvnfpHVaSSN1Wsr6-hDLCEOenECZ_Vzv5t-WEPyfo7Vgw1KqMQ3_WY)
* [How Teachers Can Navigate Difficult Emotions During School Closures (via GGSC)](https://greatergood.berkeley.edu/article/item/how_teachers_can_navigate_difficult_emotions_during_school_closures?utm_source=Greater+Good+Science+Center&utm_campaign=e7dbde7ceb-ED_NEWSLETTER_MARCH_2020&utm_medium=email&utm_term=0_5ae73e326e-e7dbde7ceb-74672199)
* [Learning Recovery Toolkit (via Panorama Education)](https://www.panoramaed.com/blog/coronavirus-learning-loss)
* [Managing Anxiety Around COVID-19: Tips for You and Your School Community (via Yale Center for Emotional Intelligence/RULER)](https://www.rulerapproach.org/managing-anxiety-around-covid-19/)
* [Movement Apps, Games, and Websites (via CommonSense Media)](https://www.commonsensemedia.org/lists/movement-apps-games-and-websites?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332605&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Most Schools Are Not Ready For Coronavirus, But They Can Be (via Digital Promise)](https://digitalpromise.org/2020/03/11/most-schools-are-not-ready-for-coronavirus-but-they-can-be/)
* [Navigating Uncertain Times: How Schools Can Cope With Coronavirus (via EdSurge)](https://www.edsurge.com/research/guides/navigating-uncertain-times-how-schools-can-cope-with-coronavirus?utm_content=buffer436a5&utm_medium=social&utm_source=twitter.com&utm_campaign=EdSurgeBuffer)
* [Read, Draw and Play Games from Caribu Education](https://caribu.com/education)
* [Reduce Student Anxiety (And Your Own) During Uncertain Times (via CommonSense Media)](https://www.commonsense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc_sub=179466459&l=2048712_HTML&u=143457638&mid=6409703&jb=366&utm_source=edu_nl_20200317&utm_medium=email)
* [Resources for Educators During the Coronavirus Pandemic (via CommonSense Media)](https://www.commonsense.org/education/coronavirus-resources)
* [Responding to Coronavirus: A 3 Minute Guide for Schools (via Education Week)](https://video.edweek.org/detail/video/6139124595001/responding-to-coronavirus-a-3-minute-guide-for-schools?autoStart=true&cmp=eml-enl-vid-p1)
* [SEL and COVID-19 (via CASEL)](https://drive.google.com/file/d/1HdJPRm8R0LDRQ3JO9NLuVUr0E2gaGH6O/view)
* [SEL and Self-Care Resources for Educators, School Communities and Parents (via Panorama Education)](https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19)
* [SEL Foundations Curriculum (via Classroom Champions)](https://teach.classroomchampions.org/available-programs/)
* [SEL Strategies for Distance Learning (via Aperature Education)](http://info.apertureed.com/archived-resources?utm_campaign=Free%20Growth%20Strategies%20&utm_source=hs_email&utm_medium=email&utm_content=84793627&_hsenc=p2ANqtz-_rSDjMwRXCxCk--A6bV3BT8CwjZWeJwkwn_z1IHNsCtjwXgg5ThQzdoqKHBiYSRKRjFMSjEgI-Y0H6jYYwyb6JAYMXRw&_hsmi=84793627)
* [SEL Video Resources for Home (via Move This World)](http://movethisworld.com/supporting-mental-health-covid-19/sel-video-resources-for-home-free-access?utm_source=Newsletter+Master+List&utm_campaign=4b78af5070-EMAIL_CAMPAIGN_2020_03_17_02_15&utm_medium=email&utm_term=0_772a4f36a4-4b78af5070-430773113)
* [Standards Aligned U.S. History Online Games (via New York Public Media)](https://www.mission-us.org)
* [Student and Family Well-Being Resources (via Breathe For Change)](https://www.breathe4change.com)
* [Supporting Learning and Well-Being During the Coronavirus Crisis (via GGSC)](https://ggie.berkeley.edu/supporting-learning-and-well-being-during-the-coronavirus-crisis/?utm_source=Greater+Good+Science+Center&utm_campaign=e7dbde7ceb-ED_NEWSLETTER_MARCH_2020&utm_medium=email&utm_term=0_5ae73e326e-e7dbde7ceb-74672199)
* [Supporting Students During COVID-19 (via Emerson Collective)](https://www.emersoncollective.com/articles/2020/03/covid19-resources-for-remote-learning/?utm_source=Twitter&utm_campaign=COVIDResources&utm_medium=Organic&utm_content=Education)
* [Teacher, Interrupted: Leaning into Social-Emotional Learning Amid the COVID-19 Crisis (via EdSurge)](https://www.edsurge.com/news/2020-03-18-teacher-interrupted-leaning-into-social-emotional-learning-amid-the-covid-19-crisis)
* [Teaching Remotely for Grades K-12 (via Scholastic)](https://classroommagazines.scholastic.com/support/learnathome.html?utm_source=Transforming+Education+Subscribers&utm_campaign=3981b07ddb-EMAIL_CAMPAIGN_2019_09_03_02_53_COPY_01&utm_medium=email&utm_term=0_99e6730d6b-3981b07ddb-445071701)
* [Top Time-Management Apps (via CommonSense Media)](https://www.commonsensemedia.org/lists/top-time-management-apps?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332601&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email)
* [Using Social Emotional Learning to Help in Times of Stress (via Hull Services)](https://files.constantcontact.com/23250e88301/79bb103d-d9f8-4ae0-bc77-d3db7b031bf7.pdf)
* [Wellness Resources for Educators (via Breathe For Change)](https://www.breathe4change.com/educators--schools.html)
* [YouTube Channels for Middle Schoolers and High Schoolers for Learning from Home During COVID-19 School Closures (via Fordham Institute)](https://fordhaminstitute.org/national/commentary/great-youtube-channels-middle-schoolers-and-high-schoolers-learning-home-during)

**Other/Miscellaneous:**

* [U.S. Department of Education COVID-19 Resources](https://www.ed.gov/coronavirus?src=feature)