

Social-Emotional Learning (SEL) from Home

During times of uncertainty, it is important that we work together to make our children feel safe. Below I have listed resources for caregivers to use during our time away from school to talk with their children about what is happening in the world, as well as some ideas for things to do to continue to work on social-emotional well-being. Following the caregiver resources is a list of resources for students to use including websites, read aloud books, songs, and videos on a variety of topics.

For Caregivers:

<p>How to contact Mrs. Shoemaker</p>	<p>School cell (540) 686-2507 Can receive calls or texts- expect a same day response during regular school hours</p> <p>shoemaker@wps.k12.va.us (email)</p>
<p>Where can I find food resources?</p>	<p>Meal and Food Pantry List</p> <p>Locations of WPS Meal Pick-up</p>
<p>What do I tell my kids about the coronavirus?</p> <p>Where do I find information about the coronavirus to share with them?</p> <p>How can I support my children while they are home?</p>	<p>Talking to kids about coronavirus (article, available in English and Spanish)</p> <p>Talking to kids about coronavirus (parent handout)</p> <p>Tips for Parents (website)</p> <p>Some tips for talking with kids (video for parents)</p> <p>How to talk to kids about COVID-19 from PBS</p> <p>BrainPop video about coronavirus (video to watch with your child)</p> <p>A Comic Exploring Coronavirus from NPR (video to watch with your child)</p> <p>CDC link for coronavirus information</p>

	<p>CDC Fact Sheet in English</p> <p>CDC Fact Sheet en español</p> <p>Ideas to support SEL at home (website)</p> <p>More resources for coronavirus uncertainty</p>
What should I do to help manage my own anxiety about the virus and its potential effects?	<p>Managing Anxiety (great tool for you to use with your children)</p> <p>Yoga & Mindfulness Free Trial (website, you can sign up for a free trial to access for yourself and children)</p> <p>Quick Tips to Manage Anxiety and Stress (website)</p> <p>Coronavirus resources for families</p> <p>Being Media Smart with Breaking News (great for adults and children)</p> <p>Concern Hotline</p> <p>HelpLine</p>
Taking care of you	<p>Ultimate Guide to Mental Health and Education Resources (website)</p> <p>Mindfulness Resources (websites/activities)</p> <p>Stressful Day To-Do List (poster)</p> <p>Coping with Stress During an Outbreak</p>

For Students and Caregivers:

Feeling WORRIED	<p>Belly Breathe Video (song)</p> <p>Rainbow Breathing- Calming down (song)</p>
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	<p>Managing worry and anxiety (song)</p> <p>Wilma Jean Worry Machine (read aloud)</p> <p>Ruby Finds a Worry (read aloud)</p> <p>Wemberly Worried (read aloud)</p> <p>Cosmic Kids Yoga (videos)</p> <p>A Little Spot of Anxiety (read aloud)</p> <p>Calm Breathing (poster)</p>
<p>Feelings</p> <p>Identifying feelings</p> <p>Different feelings</p> <p>Feeling ANGRY, SAD, LONELY, etc</p>	<p>Inside Out- How is she feeling? (video)</p> <p>In My Heart- A Book about Feelings (read aloud)</p> <p>The Color Monster- Book about Feelings (read aloud)</p> <p>The Feelings Book by Todd Parr (read aloud)</p> <p>Name that Emotion (video)</p> <p>The Way I Feel (read aloud)</p> <p>Today I Feel Silly (read aloud)</p> <p>The Feelings Song with Dave Matthews</p> <p>Feelings and Emotions song (song)</p> <p>The Feelings Song (song)</p> <p>Grumpy Monkey (read aloud)</p> <p>When I'm Feeling Angry (read aloud)</p> <p>A Little Spot of Anger (read aloud)</p> <p>When I'm Feeling Sad (read aloud)</p> <p>A Little Spot of Sadness (read aloud)</p> <p>When I'm Feeling Lonely (read aloud)</p>

Personal Safety (at home and online)	<p>Germs, Germs, Germs (video)</p> <p>Healthy Habits for Kids (poster)</p> <p>Internet Safety activities and videos (website with activities, lessons, videos)</p> <p>5 Internet Safety Tips for Kids (video)</p> <p>Being Safe on the Internet (video)</p> <p>Before you post THINK (poster)</p>
Fun Books and Websites	<p>Howard B. Wigglebottom Books (read aloud)</p> <p>We Do Listen- Howard B. Wigglebottom (website with books, songs, activities, lessons, and games)</p> <p>BrainPop Health (videos and activities)</p> <p>Go Noodle</p>
Kid President	<p>Kid President Pep Talks (121 videos)</p>
Bullying- information, videos, etc.	<p>Stop Bullying Now (videos for all ages)</p> <p>Stop Bullying-What Kids Can Do (article for older kids)</p> <p>Pacer Kids Against Bullying (website with activities, tips, etc)</p>
Variety of other Social-Emotional learning topics	<p>Sesame Street (activities, videos, games)</p> <p>PBS Kids- Daniel Tiger (games, stories, activities, videos)</p> <p>Kids HealthTopics Website (website with a lot of resources about feelings)</p>

	<p>WonderGroveKids (videos covering a variety of topics)</p>
Career Exploration	<p>VA Career View (games and activities)</p> <p>Story Bots: What to be When You Grow Up (song)</p> <p>Careers for Kids (read alouds)</p>
More about Kindness	<p>Try a Little Kindness (song)</p> <p>Kindness Boomerang (video)</p> <p>Kindness is a Muscle (song)</p> <p>Color Your World with Kindness (video)</p> <p>Each Kindness (read aloud)</p> <p>Random Acts of Kindness (videos)</p> <p>A Little Spot of Kindness (read aloud)</p> <p>Ian Short (video)</p>