**Elementary/Early MS**

Zones check in: <https://docs.google.com/forms/d/e/1FAIpQLSckxGGF7RVIMKCFViNAOrbOm7RRyIdANe38TcrySzRTBEv-qw/viewform>

Little Children, Big Challenges Resilience Pre-K/Early Elem: <https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/general-resilience/>

Captain Compassion - Bullying: [You Have the Power to Prevent Bullying](https://www.cfchildren.org/resources/bullying-prevention-information/)

Centervention activities/printouts: (also have curriculum but not free) <https://www.centervention.com/social-emotional-learning-activities/>

<https://booksthathealkids.blogspot.com/>

<https://docs.google.com/document/d/1QjS5zvGC98GKZUldSTR3C4VjuShwx6akroKQL3FxGe8/edit>

Social Awareness - Social Thinking Social Detective Book:

<https://www.socialthinking.com/free-stuff/books-thinksheets?utm_source=facebook&utm_medium=social&utm_content=fs_sitewide-30_pamfreeminicurriculum&utm_campaign=fs_fb_books-thinksheets&fbclid=IwAR0Fhw70VHzdFISGU4yPmPY1ZyHo70Vc4qCUbxA2ZTscPD7EUd2O8l1mCqM>

**Late MS / High School**

Erika’s Lightnouse:

* Teen anxiety/depression game <https://www.playfactile.com/elighthouse3>
* Parent handbook for anxiety/depression <https://www.erikaslighthouse.org/the-parent-handbook-on-childhood-and-teen-depression-1/>
* MS and HS programs for depression anxiety mental health awareness (videos and packets)

Video for older students: Rooted in Love Covid Conversation <https://vimeo.com/398230086?fbclid=IwAR0Iq_UVmo_z3pCJnfjZvJedbdDhhvtCANDb9I8GlGZwiUgQL6V0RJlMkfQ>

Josten’s Curriculum: videos and lessons for high school students [Google Drive folder with SEL Critical Thinking Guides] <https://www.jostensrenaissance.com/leadershipcurriculum/>

**SEL Online Curriculum**:

Social Express/Cool School free until June 1st [Free Use of Social Express through April 15th, 2020](https://socialexpress.com/sign-up/)

No Barriers MS/HS Curriculum releasing online activities every T/Th: <https://nobarriersusa.org/free-social-emotional-learning-curriculum/>

EverFi SEL Activities and Lessons: <https://everfi.com/partners/k-12-educators/social-emotional-learning/?utm_campaign=sswn_newsletter&utm_medium=email&utm_source=Revue%20newsletter>

Respectful Ways Pre-K-12 SEL Online Curriculum: I found this curriculum that is currently offering three free modules (normally $249 each) all revolving around different SEL topics and targeted to different age groups. I'm downloading three right now and going to explore them this week - if they seem like a good fit it would be a good way to all have a shared curriculum to use if other people download 3 modules and we can share!

<https://respectfulways.com/the-program/sel-curriculum-youve-looking/#age>

RethinkED: offering access to entire SEL online suite through end of the year; includes SEL K-12 student lessons <https://go.rethinkfirst.com/rethink-covid19>

Rhithm: free app that has emoji-based check-ins for students and automatically links to SEL activities to complete and progress monitors each student. I am demoing this 3/25 but looks like a GREAT tool for students with access to a smartphone/tablet

<https://rhithm.app/>

CharacterStrong: Free SEL lessons, videos, and activities for Elementary and Secondary students released every week. My login is below, feel free to explore!!

[https://curriculum.characterstrong.com/login](https://is-tracking-link-api-prod.appspot.com/api/v1/click/5838660390617088/6276346146455552)

Username: resources

Password: kindness

Everyday Speech - parent has to go in and sign up but it’s FREE, $49.99

# Interventions for Online Therapy with Children and Youth - shared resources and ideas:

<https://www.guidancett.com/blog/interventions-for-online-therapy-with-children-and-youth-2020?utm_campaign=sswn_newsletter&utm_medium=email&utm_source=Revue%20newsletter>

Overcoming Obstacles - Free K-12 curriculum

<https://www.overcomingobstacles.org/?fbclid=IwAR16jGKV4S1DciGgwdZyS9sjW5dhfXfFN85M5SenDLDUJ38zAzffA1JaaJ0>

Classroom Champions - Free 3-5 and 6-8 curriculum

<https://teach.classroomchampions.org/cc-sel-foundations-6-8/>

WideOpenSchool by Common Sense - FREE! Repository for Educators and Families \*\*

<https://wideopenschool.org/>

<https://www.understood.org/en/school-learning/for-educators/empathy/5-tips-for-supporting-students-socially-and-emotionally-during-distance>

<https://www.educatingalllearners.org/educator-resources>

<https://www.autism-society.org/covid-education/>

<https://school-connect.blog/eq-in-your-pjs-2/>

OTHER

CALM free resource:

<https://blog.calm.com/take-a-deep-breath?fbclid=IwAR2VzPPbgmC8AR9-wsA8AoZGcJddsBmohSGP66AtYXoUD7d2bosMTTwoxe4>

Mindfulness video playllist: <https://www.youtube.com/playlist?list=PLzgKUx4Khe2-xnLXwohM_p-O1xUa885vY&fbclid=IwAR3Se-8nHJWnF6AuNNZvyk3oDT2x3uwtsP5ehK3tLV-cwfASxIxDbuU-p44&app=desktop>

(GoNoodle!)

Daily Brain Breaks:

<https://blog.moving-minds.com/category/at-home-activities-resources/?utm_term=View%20All%20Free%20Activities%20%2526amp%3B%20Resources&utm_campaign=Moving%20Minds%20-%20Content%20Email%201%20-%20April%202020&utm_content=email&utm_source=Act-On+Software&utm_medium=email&cm_mmc=Act-On%20Software-_-email-_-More%20daily%20at-home%20brain%20breaks%21-_-View%20All%20Free%20Activities%20%2526amp%3B%20Resources>

Insight Timer free app w/ kids section (Mindfulness)

Various resources/book lists: <https://www.cfchildren.org/resources/free-classroom-activities/>

Podcast on SEL: <https://www.imagineneighborhood.org/>

MindYeti Mindfulness: <https://www.mindyeti.com/v2/s/pricing>

Autism COVID resources

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Covid awareness:

<https://challengingbehavior.cbcs.usf.edu/Emergency/?fbclid=IwAR0o8UGO7Emiqq8TkKfYa2m60IfATk4I977eXcnrKiYdTuyL0TOctIBERVU>

<https://stories.audible.com/discovery>

Icebreakers:

<https://schoolsocialwork.net/icebreakers-for-ssw-groups/>

<https://insidesel.com/2020/03/12/covid-19/>

<https://amaze.org/>

OTHER RESOURCES:

Comcast internet essentials for low-income families

<https://www.internetessentials.com/covid19?fbclid=IwAR35LZyJMJTTAZ7A3MLQcIF8A3-0DEPKTkyvja_leSN2SnivNWG5j08e43s>

Crisis Resources to Share with Students

* Disaster Distress Helpline  
  Call 1-800-985-5990 or text TalkWithUs to 66746
* National Suicide Prevention Lifeline  
  Call 800-273-8255 or [Chat with Lifeline](https://suicidepreventionlifeline.org/chat/)
* Crisis Textline Text TALK to 741741
* National Alliance on Mental Illness HelpLine Text NAMI to 741741
* <http://warmline.org/> Not in a crisis but just need someone to talk to.

Social Stories:

<https://docs.google.com/document/d/1zZ4ZUa1LbhRbzUgQigHNuoHh5tyAvsA9sMgmFE_5Kbw/mobilebasic>

<https://docs.google.com/document/d/12Krn4nNnDJDZ4pwOeFGDSkwSrK8KjnKLUfQ4w8TBoiI/mobilebasic>

<https://insidesel.com/2020/03/12/covid-19/>