

SEL Resources

Resource	Description
How to Talk to Children about the Coronavirus	This provides a number of resources for parents on considerations for addressing the Coronavirus with their children
Social Story about Coronavirus for Children	This is a social story designed by an educator to explain the Coronavirus to children..
Family Readiness and Coping	Family Readiness for an Outbreak from the National Child Traumatic Stress Network
OCS Portal	The Office of Catholic School portal has a SEL page full of free resources for educators and parents under curriculum. You must be logged in to access.
7 Ways to Help Children	7 Ways to Help Children Cope with Coronavirus related anxiety from Dr. Sabrina Strutz
CDC Mental Health during Coronavirus	Center for Disease Control (CDC) Mental Health and Coping During COVID-19
Deep Breathing Printables	
Self-regulation Mind breaks	Printable mind break samples
10 Brain Breaks	These are physical activities that provide movement breaks for children from Playworks.org
Free SEL Worksheets	Free printable worksheet for SEL Learning from Centerventions
SEL Games to Play at Home	Games that parents/caregivers can play at home with younger children