

Social Emotional Learning Support During Remote Learning

Below, please find a few resources you can refer to regarding managing stress and anxiety.

[Managing Stress & Anxiety during the Corona Virus](#)

[Helping Kids Cope with Covid-19](#)

[Resource Guide-Talking to Children about Covid-19](#)

[7 Ways to help kids cope with Covid-19](#)

| PRE-K & ELEMENTARY STUDENTS | | |
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| ACTIVITIES & Videos | VIDEOS | HELPFUL TIPS FOR PARENTS |
| Games and links on Self Management (K-1) | Cosmic Yoga for kids | Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress , lower blood pressure and lower your heart rate. Teaching Yoga for Kids |
| Stress Busting Activities | Shake it off video | Ways to manage stress: 1. Set a schedule 2. Make time for activities with enjoyment: music, dance/exercise, drawing, hobbies-(gardening), laughter, board games 3. Eat well 4. Talk about the stress 5. Take it easy on yourself Tips to manage stress |
| 50 Calm Down Techniques | Self Control Song Video | |
| Mindful Games | | The Responsive Classroom Approach information for Parents |
| https://app.gonoodle.com/ | | Brain breaks, yoga, guided breathing activities, guided meditation, indoor |

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| | | recess activities, guided dances, and movement breaks |
| Social Skills Story - Corona Virus (younger students) | | Social Skills story on Corona Virus for younger students |
| 3 Games to help with emotional skill building | | 3 fun and free activities to help kids cope with emotions. 1. Anger Catcher 2. Kindness Bingo 3. Emotions Scavenger Hunt |
| Communicating Feeling - Game & Printable Board | | Communicating Feelings Game. Printable Board |

| MIDDLE SCHOOL STUDENTS | | |
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| ACTIVITIES | VIDEOS | HELPFUL TIPS FOR PARENTS |
| Coping Strategies | | Activities and ideas for helping students cope with anxiety. |
| 20 Virtual Field Trips to Take with Your Kids | | Spend time focusing on positive things. |
| Table Talk Conversation Prompts | | Use this time to build connections, be silly, and learn new things about each other. |
| Calming Spinners | | Creative coloring activity. |
| Worry Boxes | | Create a “worry box” for your children to put their thoughts into. It comes with a template and directions. |
| 16 Apps to Help Kids with Anxiety | | Gives a list of free apps involving music, meditation, and coloring activities. |

| HIGH SCHOOL STUDENTS | | |
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| ACTIVITIES | VIDEOS | HELPFUL TIPS FOR PARENTS |
| Destress Mondays | | Sends weekly mindful reminders - |

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| | | GIFS, breathing exercises, etc. You can go on at any time though - not just Mondays. |
| Greater Good Berkeley | | Quick Gratitude exercises, honoring yourself and your community practices. |
| Ted Ed/ Ted Talks | To Manage Your Stress | Sometimes life can be messy, watch these talks to destress. |
| Museum Virtual Tours | 12 famous museums | Look through art and history as a family. |
| 20 Minutes Yoga for Youth | Teen Focus | Join Nicole Cardoza from Yoga Foster in a practice designed specifically to teach teens how to pay attention to their body and the world around them. |