Social-Emotional Learning Resources for Adults

The Division of School Climate and Wellness is committed to supporting all school-based staff with Social-Emotional Learning resources as you engage in remote learning with your students. This document outlines adult-facing resources including leader, teacher and parent facing support.

Content

● Sanford Harmony
  ○ Sanford Harmony Info Sheet
  ○ Sanford Harmony Website

● Yale Ruler
  ○ RULER Online
  ○ Yale Center for Emotional Intelligence
  ○ Ruler Resource Guide for Remote SETTS Providers

● Restorative Practice
  ○ NYC DOE

● School Website Examples
  ○ PS 29 Bengals

● Diversity, Equity and Inclusion
  ○ Speaking Up Against Racism Around the New Coronavirus (via Teaching Tolerance)
  ○ Coronavirus: Countering Biased Responses (via Morningside Center)
  ○ The Coronavirus Surfaces Fear, Stereotypes and Scapegoating (via Anti-Defamation League)

Adult Development

● Leadership Supports: Central, Borough, District, School
  ○ Star Factor Coaching Resources
    ■ Reflective Prompts
  ○ Free One Week Course in Resilience - Daniel Goleman
  ○ CASEL- Out of School Time
  ○ Key Resources to Support Families, Educators, and Employers (Alliance for Healthier Generation)
  ○ Compassion Resilience Toolkit for School, Health and Human Services Leaders and Staff
  ○ SEL Resources for Parents, Educators & School Communities Related to COVID-19 (inside SEL)
  ○ Virus Survival Mind Hack #1 - Daniel Goleman 1 Week Course
  ○ Covid-19 Crisis Resource Document - School Mental Health
Teacher Support
- SEL Tool-Kit Common Sense Education
- SEL Resources: Virtual Resource Library, Whole Child Virtual Summit, Virtual Assemblies, 30 Day Kindness Journal (Character Strong)
- Calm Kids: Meditation for Kids ages 7-17 (Calm.com)
- Helping children cope with stress during the 2019-nCoV outbreak (World Health Organization)
- Coping with stress during the 2019-nCoV outbreak (World Health Organization)
- How to Be Alone, but not Lonely, Despite Coronavirus (NPR)
- Transforming Your Online Teaching From Crisis to Community (Inside Higher Ed)

Parent Support
- Out of School Time Tools
- Parent & Family Well-being during Covid-19
- Common Sense Education, Family Resources During the Coronavirus Pandemic
- parenttoolkit.com - Parent Toolkit is a one-stop shop resource that was produced and developed with parents in mind.
- Calm Kids: Meditation for Kids ages 7-17 (Calm.com)
- The 3 Best Home-Based Social and Emotional Learning (SEL) Resource
- My Kids School is Closed Now What?

Articles
- Coping with Stress
- Supporting your Children’s Social, Emotional, and Mental Health During the COVID-19 Pandemic (Confident Parents, Confident Kids)
- Age-Related Reactions to a Traumatic Event (National Child Traumatic Stress Network)
- Talking to Kids About the Coronavirus (Child Mind Institute)
- Taking Care of Your Mental Health When Facing Uncertainty (American Foundation for the Prevention of Suicide)
- Mental Health Considerations during COVID-19 Outbreak (World Health Organization)
- Coronavirus Disease 2019 (COVID-19): Manage Anxiety and Stress (Center for Disease Control and Prevention)