

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 SETTTS 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)
 - [Talking to Children About COVID-19\(Coronavirus\): A Parent Resource](#) (National Association of School Psychologists)
 - [Helping Children Cope](#) pgs 4 & 5 ([in Chinese](#) and [in spanish](#)) (National Child Traumatic Stress Network)
 - [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)