

Resources for Our Social and Emotional Needs During Safer-at-Home

Our thanks to St. Paul's member Nikki Timm who works for the Greendale School District for assembling this list of resources and sharing them with us.

From CPI:

- [De-escalation tips in light of the COVID 19 Crisis](#)
- [Managing Your Own Anger - A Guide for Parents](#)
- [The Power of Listening - A Guide for Parents](#)
- [CPI's Top 10 De-Escalation Tips](#)

Greendale's Occupational Therapist put together this virtual calming room: <https://gsdvirtualcalm.weebly.com/>

CASEL Self-Care Strategies

- [Scientific American](#): How to Prevent Loneliness in a Time of Social Distancing
- [ASCD](#): 5 Strategies for Teacher Self-Care
- [National Alliance on Mental Illness](#): COVID-19 Resource and Information Guide

CASEL: Talking to Children about COVID-19

- [National Association of School Psychologists](#): Helping Children Cope with Changes Resulting From COVID-19
- [Child Mind Institute](#): Talking to Kids About the Coronavirus
- [PBS](#): How to Talk to Your Kids About Coronavirus
- [NPR](#): What to Say to Kids When the News is Scary
- [Teaching Tolerance](#): Speaking Up Against Racism Around the New Coronavirus
- [Facing History and Ourselves](#): Coronavirus: Protect Yourself and Stand Against Racism

Free SEL Resources:

<https://selproviders.casel.org/sel-resources/>

Mayo: mental health podcast:

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-qa-podcast-mental-health-and-coping-during-covid-19-crisis/>

CDC: Stress and Coping during the Pandemic:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

On-Demand Second Step Lessons

Educators and families can now access Second Step Emotion Management lessons for Grades K–5 on-demand, along with support materials for each lesson. All lessons are free (no login required) and feature our own Committee for Children staff, who also happen to be experienced teachers and counselors.

[Early Learning Lessons](#)

[Kindergarten Lessons](#)

[Grade 1 Lessons](#)

[Grade 2 Lessons](#)

[Grade 3 Lessons](#)

[Grade 4 Lessons](#)

[Grade 5 Lessons](#)