

Remote Learning Enrichment Resources for Social and Emotional Learning

The following links have been identified or created by the Sacramento County Office of Education (SCOE) Curriculum & Instruction Department as resources that may be helpful for distance learning. Resources are for informational purposes, and their inclusion on this list is neither an endorsement nor a recommendation by SCOE. Schools and districts should review resources and determine appropriateness for their students.

Resources for Other Subjects: https://www.scoe.net/remote_learning

Also Explore Resources for Science: https://www.scoe.net/remote_learning/Documents/science.pdf

Audience	Grades	Description	Link
Students, families, caregivers, and educators	K–12	Greater Good in Education provides research-based activities to promote students’ social, emotional, and ethical development. Topics include student and adult wellbeing, prosocial academic instruction, and positive relationships.	https://ggie.berkeley.edu/
Students, families, caregivers, and educators	K–5	GoNoodle offers movement and mindfulness videos to support children’s’ social-emotional wellbeing, physical health, and academic success.	https://www.gonoodle.com/
Families and caregivers	K–12	Confident Parents Confident Kids offers articles, activities, and reading guides for families and caregivers to proactively support their children’s social and emotional development.	https://confidentparentsconfidentkids.org/
Students, families, caregivers, and educators	K–5	Mindful Schools is offering live mindfulness classes for kids on Tuesdays, Wednesdays, and Thursdays at 10am PDT/1pm EDT. Sign up on their website to participate for free.	https://www.mindfulschools.org/

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Students, families, caregivers, and educators	Pre-K–3	Cosmic Kids provides yoga, mindfulness, and relaxation videos aimed to support students in building skills in self-regulation, focus, and empathy. Access the videos easily on the Cosmic Kids YouTube channel.	https://www.youtube.com/cosmickidsyoga
Students, families, caregivers and educators	Pre-K–12	Inner Explorer is currently offering a free mindfulness program, which includes a series of 5-10 minute daily mindfulness practices to support students in handling challenging emotions such as anxiety, stress, and anger.	https://innerexplorer.org/
Families, caregivers and educators	K–12	Common Sense provides expert reviews on entertainment and technology to help families navigate the digital world with their kids. Their website includes a growing list of resources to support families in discussing and coping with stress around the Coronavirus.	https://www.commonsemmedia.org/
Students, families, caregivers, and educators	Pre-K–2	The Imagine Neighborhood provides podcasts to help children and their caregivers develop social-emotional skills.	https://www.imagineneighborhood.org/
Students, families, caregivers, and educators	Pre-K–12, and Adults	Headspace is a user-friendly meditation app that offers a range of mindfulness exercises for children and adults.	https://www.headspace.com/
Students, families, and caregivers	K–4	Stop, Breathe, & Think Kids is an app that offers mindfulness activities to promote calm, focus and emotional literacy.	https://www.stopbreathethink.com/kids/
Educators	Adult Learning	Explore SEL/EASEL Lab explores the impact of social-emotional interventions on the development and achievement of students, families and educators.	http://exploresel.gse.harvard.edu/

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Educators	Adult Learning	RULER is an evidence-based approach to social and emotional learning. Their team is providing resources and webinars to address social-emotional learning during the Coronavirus.	https://www.rulerapproach.org/coronavirus-covid-19-resources-webinars/
Families, caregivers, and educators	Adult Learning	SCOE provided a brief resource guide to managing adult anxiety and emotional wellbeing during COVID-19.	https://drive.google.com/file/d/1MwFn6dz4T2CL1xvO7oV-bevayKyk_94C/view?usp=sharing