

## 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/covid19/resources/>

Also Explore Resources for Science: <https://www.scoe.net/media/51thdnuj/sel.pdf>

Audience	Grades	Description	Link
Students, families, caregivers, and educators	K–12	<b>Greater Good in Education</b> provides research-based activities to promote students’ social, emotional, and ethical development. Topics include student and adult wellbeing, prosocial academic instruction, and positive relationships.	<a href="https://ggie.berkeley.edu/">https://ggie.berkeley.edu/</a>
Students, families, caregivers, and educators	K–5	<b>GoNoodle</b> offers movement and mindfulness videos to support children’s’ social-emotional wellbeing, physical health, and academic success.	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
Families and caregivers	K–12	<b>Confident Parents Confident Kids</b> offers articles, activities, and reading guides for families and caregivers to proactively support their children’s social and emotional development.	<a href="https://confidentparentsconfidentkids.org/">https://confidentparentsconfidentkids.org/</a>
Students, families, caregivers, and educators	K–5	<b>Mindful Schools</b> 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.	<a href="https://www.mindfulschools.org/">https://www.mindfulschools.org/</a>

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Students, families, caregivers, and educators	Pre-K–3	<b>Cosmic Kids</b> 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.	<a href="https://www.youtube.com/cosmickidsyoga">https://www.youtube.com/cosmickidsyoga</a>
Students, families, caregivers and educators	Pre-K–12	<b>Inner Explorer</b> 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.	<a href="https://innerexplorer.org/">https://innerexplorer.org/</a>
Families, caregivers and educators	K–12	<b>Common Sense</b> 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.	<a href="https://www.commonsemmedia.org/">https://www.commonsemmedia.org/</a>
Students, families, caregivers, and educators	Pre-K–2	<b>The Imagine Neighborhood</b> provides podcasts to help children and their caregivers develop social-emotional skills.	<a href="https://www.imagineneighborhood.org/">https://www.imagineneighborhood.org/</a>
Students, families, caregivers, and educators	Pre-K–12, and Adults	<b>Headspace</b> is a user-friendly meditation app that offers a range of mindfulness exercises for children and adults.	<a href="https://www.headspace.com/">https://www.headspace.com/</a>
Students, families, and caregivers	K–4	<b>Stop, Breathe, &amp; Think Kids</b> is an app that offers mindfulness activities to promote calm, focus and emotional literacy.	<a href="https://www.stopbreathethink.com/kids/">https://www.stopbreathethink.com/kids/</a>
Educators	Adult Learning	<b>Explore SEL/EASEL Lab</b> explores the impact of social-emotional interventions on the development and achievement of students, families and educators.	<a href="http://exploresel.gse.harvard.edu/">http://exploresel.gse.harvard.edu/</a>

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Educators	Adult Learning	<b>RULER</b> 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.	<a href="https://www.rulerapproach.org/coronavirus-covid-19-resources-webinars/">https://www.rulerapproach.org/coronavirus-covid-19-resources-webinars/</a>
Families, caregivers, and educators	Adult Learning	<b>SCOE</b> provided a brief resource guide to managing adult anxiety and emotional wellbeing during COVID-19.	<a href="https://drive.google.com/file/d/1MwFn6dz4T2CL1xvO7oV-bevayKyk_94C/view?usp=sharing">https://drive.google.com/file/d/1MwFn6dz4T2CL1xvO7oV-bevayKyk_94C/view?usp=sharing</a>