

SEL At-Home Resources

We have compiled resources educators can utilize to help address students' SEL needs through distance/remote learning. Resources below are organized by ScholarCentric's research-based 6 Overarching Resiliency Skills.

Resiliency Skill	Description	School Level	Link
VALUE OF EDUCATION A student's ability to set educational goals and see the value in their education all the way through college has a major impact on whether or not that student can overcome challenging academic obstacles.	Career Zone is an interactive website that students can use to explore career paths based on their interests. It allows students to analyze the opportunity outlook, school requirements, school programs, and colleges that can help them develop a "profile" and a plan for reaching specific career goals. Career exploration is crucial to allowing students to see the purpose and importance of their education.	Middle School / High School	https://www.careerzone.ny.gov/views/careerzone/index.jsf
	Apps and website resources relating to college preparation.	Middle School / High School	https://www.common sense media.org/lists/best-apps-and-sites-for-college-prep#teens
	Register for a free account to find career fields that match your interests, explore various career options, and put together a profile to help build your career awareness and readiness. This site also heavily emphasizes jobs and careers in the "green energy" sector.	Middle School / High School	https://www.green360careercatalyst.net/
	Career One Stop: Explore different career, training and job options here so you can be most informed about making this important decision for your future.	Middle School / High School	https://www.careeronestop.org/GetMyFuture/default.aspx?frd=true
	If students are interested in playing a college sport, they need to know which courses and exams are critical for you to complete while you are in High School. More information can be found here.	Middle School / High School	https://cbts.egain.cloud/kb/ncaahelp/home
	Career One Stop has plenty of resources on exploring careers and students' own skills and interests.	Middle School / High School	https://www.careeronestop.org/Toolkit/ACINet.aspx
	Newsela: Free activities to build college and career awareness for high school students (*Requires free sign-up)	High School	https://newsela.com/subject/other/340683/333141/333149
	Newsela: Free activities to build college and career awareness for middle school students (*Requires free sign-up)	Middle School	https://newsela.com/subject/other/340682/332105/332121
	Newsela: Free activities to build college and career awareness for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340656/333131/333139
	A Career Research Project assigning a career research project to your students gives them the opportunity to research a specific career – the education level and courses required, salary, experience required, etc. They can then present their project, bringing in speaking and listening skills, while also allowing their peers the chance to see possible career options as well.	Middle School / High School	N/A
	Letter to Future Self Activity: This is an activity where students create in a self-addressed, stamped envelope. They write a letter to their future self four years after graduating high school (or adjust).	Middle School / High School	N/A
	Paycheck System: It is always crucial to consistently reinforce the connection between education and the "real world." Allowing students to earn some form of "payment" through academic achievement or effort can show students that hard work and school will benefit them now, and it will also benefit them once they are in the "real world" and must earn their paychecks. This also allows the opportunity for building financial literacy.	Middle School / High School	N/A
CONFIDENCE In order for a student to overcome academic challenges that are presented throughout a student's tenure in school, that student must	Kahn Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom.	Elementary - High School	https://www.khanacademy.org/about
	Newsela: Free activities to build confidence for high school students (*Requires free sign-up)	Middle School / High School	https://newsela.com/subject/other/340683/324102/324105 https://newsela.com/subject/other/340683/324102/324106

<p>have a high degree of confidence and self-efficacy. Often, when students lack confidence with class material, test-taking skills, and also in social situations, it is easier to give up rather than forge ahead.</p>	Newsela: Free activities to build confidence for middle school students (*Requires free sign-up)	Middle School / High School	https://newsela.com/subject/other/340682/297819/319479
	Newsela: Free activities to build confidence for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340682/297819/297854 https://newsela.com/subject/other/340656/324095/324099 https://newsela.com/subject/other/340656/324095/324098
	Downloadable free practice ACT tests to help students prep for ACT.	Middle School / High School	https://blog.prepscholar.com/printable-act-practice-tests-5-free
	ACT Informational Resources.	Middle School / High School	http://www.act.org/content/act/en/products-and-services/the-act.html
	Practice college essay preparation tips.	Middle School / High School	https://bigfuture.collegeboard.org/get-in/essays/3-ways-to-approach-common-college-essay-questions
	Information on how you can pay for college tuition, research your financial aid options.	Middle School / High School	https://studentaid.gov/h/apply-for-aid/fafsa
	Quizlet is a free resource that allows students to brush up on their studies: "From flashcards to help you learn francais, to games that make it easy to get a handle on history, use a variety of tools to conquer any challenge."	Elementary - High School	https://quizlet.com/
Resume Writing, Cover Letters, Interview - Tips Documents	Middle School / High School	https://www.ccc.edu/colleges/malcolm-x/departments/Documents/C2C%20Services.Online%20Guide.BKT.v3.pdf https://www.hcpss.org/f/newlanguages/docs/eng_resumewriting.pdf	
CONNECTIONS			
<p>Research has shown that a child's sense of connection to even one adult within their school dramatically increases the likelihood that the student will graduate. A student who feels connected to their teachers and peers is more likely to regularly attend school and more likely to put forth effort in their classes in order to maintain positive relationships with their teachers.</p>	Facebook Messenger for Kids is designed to allow younger kids to stay connected and interact with peers with easy adult supervision.	Mostly Elementary	https://www.facebook.com/help/messenger-app/213724335832452?helpref=about_content
	Video Connection programs/applications can allow students to stay connected via virtual meetings or hangouts. This will give your teachers and students online tools such as Google Hangouts Meet for audio/video/screensharing meetings for classes and individual tutorials, Google Drive for file sharing, and Google Classroom to put a gradebook online in minutes. The Google Teacher Center has published tutorials for teachers to help them get started.	Middle School / High School with parent supervision / assistance	https://teachercenter.withgoogle.com/first-day-trainings/welcome-to-classroom
	Device Free Family Dinners	Elementary - High School	https://www.common SenseMedia.org/device-free-dinner
	Siblings - TV to watch together; a list by CommonSense Media.	Mostly Elementary	https://www.common SenseMedia.org/lists/sibling-watch-together-tv
	Newsela: Free activities to build connections and relationship management skills for high school students (*Requires free sign-up)	High School	https://newsela.com/subject/other/340683/330717 https://newsela.com/subject/other/340683/325544 https://newsela.com/subject/other/340683/333141/333145

	Newsela: Free activities to build connections and relationship management skills for middle school students (*Requires free sign-up)	Middle School	https://newsela.com/subject/other/340682/327437 https://newsela.com/subject/other/340682/327437 https://newsela.com/subject/other/340682/327437
	Newsela: Free activities to build connections and relationship management skills for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340656/330727 https://newsela.com/subject/other/340656/332112 https://newsela.com/subject/other/340656/333131/333135
	Share Circles are often a part of a school's Advisory or Homeroom classes. Sometimes known as a "Circle of Power and Respect" or CPR, students are encouraged to share on a regular basis with their peers on a range of topics. Students can ask questions following sharing, and this can lead to some authentic discussions. This can also be a good time to focus on social soft-skills, for example, by incorporating a "greeting" routine where students greet their peers. This is something that can also be done at home.	Elementary - High School	https://www.originsonline.org/developmental-designs/circle-power-and-respect
	Collaborative Art Projects: These can not only serve to beautify your a students home, but it can really bring students/families/siblings together having them work cooperatively for a single focus. Make sure these art pieces are on display where they can be seen on a daily basis, and highlight the group's progress as it goes along.	Elementary - High School	N/A
STRESS In order to overcome obstacles in life, a person must possess the ability to manage stress. The same is true for students. What do your students perceive as "stressors" when it comes to their academic abilities and social interactions? Outside of school, do students worry about where their next meal might come from, or whether their parents have enough money? Some students take on the financial stress of their parents or other adults close to them. These areas of stress can begin to impede students academically and socially.	Organization and planning tips for helping students manage time.	Elementary	https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/12-ways-to-develop-your-childs-organizational-skills.html
	Apps for helping students stay focused and organized.	Elementary - High School	https://www.common sense media.org/lists/apps-to-help-kids-stay-focused
	7 Habits of Highly Effective Teens: This book by Steven Covey is a self-help guide that can be used with students to help them build organizational skills, responsibility skills, and manage stressful situations they may face.	Middle School / High School	https://www.academia.edu/19608126/The_7_Habits_of_Highly_Effective_Teen
	Lunch Doodles with Mo:Free guided drawing activities for kids	Mostly Elementary	https://www.kennedy-center.org/education/mo-willems/
	Physical Activity: It is important that students have designated times to get up and move in order to release some energy so they can refocus their attention when needed. They need time to "play." This can come in many forms: games in Advisory, intramural sports, dedicated brain break times, etc. Not only does this help reduce stress, but it also encourages healthy habits.	Elementary - High School	https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/
	Financial literacy activities and resources	Elementary - High School	https://www.fdic.gov/consumers/education/torc/index.html

	Brain Breaks: Students are asked to sit and pay attention for long time periods in school. "Brain Breaks" are a popular research-based intervention for reducing students' stress levels during class by allowing students' brains a short, fun break from working to absorb new information during class. These quick games often involve working with peers, and can also involve problem-solving. Brain Break activities are readily available for students of all ages on the Internet.	Elementary - High School	https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels https://www.edutopia.org/article/activities-prime-brain-learning
	GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are.	Mostly Elementary	https://www.gonoodle.com/
	Newsela: Free activities to help with stress management skills for high school students (*Requires free sign-up)	High School	https://newsela.com/subject/other/340683/327417/327430 https://newsela.com/subject/other/340683/327417/327421
	Newsela: Free activities to help with stress management skills for middle school students (*Requires free sign-up)	Middle School	https://newsela.com/subject/other/340682/325558/325565 https://newsela.com/subject/other/340682/325558/325561
	Newsela: Free activities to help with stress management for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340656/326893/326901 https://newsela.com/subject/other/340656/326893/456286 https://newsela.com/subject/other/340656/326893/326896
HEALTH AND WELL BEING			
Students need to be healthy, well-fed, well-rested, and emotionally stable in order to be successful in school. It is important to look at the levels of psychological and emotional distress experienced by a student. Living in situations characterized by high cumulative risk can result in chronic stress and health concerns.	Be sure to share with your students and parents school locations where free meals can be picked up for students in your area.	Elementary - High School	Internet Search: school lunch pickup locations near me
	NY Times article on "5 Ways to Help Teens Manage Anxiety about the Coronavirus"	Elementary - High School	https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html
	Crisis Resources: Provide local crisis reporting and prevention resources for your students. MentalHealth.gov and Crisis Call Center (http://www.crisiscenter.org) can be good resources to have available for students who may need help with feelings of depression, substance abuse, sexual assault, or other crises.	Elementary - High School	http://www.crisiscenter.org
	Apps for children geared towards meditation, mindfulness, and relaxation.	Mostly Elementary	https://www.common SenseMedia.org/lists/meditation-apps-for-kids
	Seize the Awkward: Interactive website for teens regarding mental health.	Elementary - High School	https://seizetheawkward.org/#what-is-seize-the-awkward
	Newsela: Free activities focused on healthy habits for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340656/326893/326902
	OK2TALK is a community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope. Anyone can add their voice by sharing stories, poems, inspirational quotes, photos, videos, song lyrics and messages of support in a safe, moderated space. We hope this is the first step towards helping you get the support you need to feel better.	Middle School / High School	https://ok2talk.org/
	A website with information and tips about reducing anxiety related specifically to Covid 19	Middle School / High School	https://www.virusanxiety.com/take-care
	BrainPOP: BrainPOP was founded in 1999 by Dr. Avraham Kadar as a creative way to explain difficult concepts to his young patients. Today, they are a trusted learning resource supporting core and supplemental subjects, reaching millions of learners worldwide.	Elementary - High School	https://www.brainpop.com/health/
	Resources for creating calmness	Elementary - High School	https://www.calm.com/blog/take-a-deep-breath
	Newsela: Free activities to build emotional awareness and mindfulness skills for high school students (*Requires free sign-up)	High School	https://newsela.com/subject/other/340683/324102/324104 https://newsela.com/subject/other/340683/324102/324103
	Newsela: Free activities to build emotional awareness and mindfulness skills for middle school students (*Requires free sign-up)	Middle School	https://newsela.com/subject/other/340682/297819/297853 https://newsela.com/subject/other/340682/297819/297852

	Newsela: Free activities to build emotional awareness and mindfulness for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340656/324095/324097
	Calming and Wellness techniques	Mostly Elementary	https://newsela.com/subject/other/340656/324095/324096 https://mcusercontent.com/8b2c19337fef7c5607939c263/files/ea61443c-312b-4ff6-8d9c-bb0f8b969a4f/Keep_Calm_Practice_Calm_Classroom_E_Book.01.pdf?mc_cid=6a8bdc49b9&mc_eid=80155b67d9
MOTIVATION	Students can get inspiration from other young students by exploring Ted Talks by kids.	Elementary - High School	https://www.ted.com/playlists/129/ted_under_20
Do your students want to come to school? Do they see the value that not only attending school offers, but also what their academic success offers to them and their future? When students have a sense of autonomous motivation, teachers no longer need to rely on methods to control motivation. This helps with classroom management, but, more importantly, it helps students become resilient. They can overcome obstacles in life and in school because they see how it benefits them, and they have something to strive for.	Newsela: Free activities focused on determination and growth mindset for high school students (*Requires free sign-up)	High School	https://newsela.com/subject/other/340683/327417/327419
	Newsela: Free activities focused on determination and growth mindset for middle school students (*Requires free sign-up)	Middle School	https://newsela.com/subject/other/340682/325558/325560
	Newsela: Free activities focused on determination and growth mindset for elementary school students (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340682/325558/325562 https://newsela.com/subject/other/340656/326893/326895 https://newsela.com/subject/other/340656/326893/326897
	DoD STEM provides video resources for students, parents, and teachers to inspire and cultivate a diverse pool of exceptional STEM talent to enrich our DoD workforce and to meet defense technological challenges.	Elementary - High School	https://dodstem.us/media/dod-stem-videos
	The NCES Kids' Zone provides information to help you learn about schools; decide on a college; engage in several games, quizzes and skill building about math, probability, graphing, and mathematics; and to learn many interesting facts about education. Watch our Kids' Zone video to find out more!	Mostly Elementary	https://nces.ed.gov/nceskids/
	STEM Resources for kids to explore by NASA	Elementary - High School	https://www.nasa.gov/stem
	"The Smithsonian Science Education Center has developed the following STEM resources to support "Distance Learning" needs for students in grades K-8. We designed this site for everyone—students, teachers, and caregivers. It includes standards-aligned educational games, simulations, videos, eBooks, and hands-on lessons that require simple materials found at home."	Elementary - High School	https://ssec.si.edu/distancelearning
General Information/Resources for SEL-At-Home	7 Guiding Principles For Parents Teaching From Home		https://www.edutopia.org/article/7-guiding-principles-parents-teaching-home
	Newsela SEL Guide - Elementary (*Requires free sign-up)	Elementary	https://newsela.com/subject/other/340656
	Newsela SEL Guide - Middle School (*Requires free sign-up)	Middle School	https://newsela.com/subject/other/340682
	Newsela SEL Guide - High School (*Requires free sign-up)	High School	https://newsela.com/subject/other/340683
	Newsela Distance Learning		https://newsela.com/specials/distance-learning/2000216298
	Guide: Newsela Social-Emotional Learning: Remote Learning Activities		https://go.newsela.com/rs/628-ZPE-510/images/COM-Newsela-SEL-Collection-Remote-Learning.pdf
	Greater Good in Education - general SEL resources and strategies		https://ggie.berkeley.edu/practices/
	A host of educational resources		http://www.amazingeducationalresources.com/