

SEL At-Home Resources - ScholarCentric Resiliency Skills

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

ScholarCentric Resiliency Skill	Description	Age Group (Estimated)	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.	CareerZone 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	MS/HS (ScholarCentric Level 2)	https://www.careerzone.ny.gov/views/careerzone/index.jsf
	O*Net: your tool for career exploration and job analysis! O*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more!	MS/HS (ScholarCentric Level 2)	https://www.onetonline.org/
	Apps and website resources relating to college prep	MS/HS (ScholarCentric Level 2)	https://www.commonsemmedia.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.	MS/HS (ScholarCentric Level 2)	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.	MS/HS (ScholarCentric Level 2)	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.	MS/HS (ScholarCentric Level 2)	https://cbts.egain.cloud/kb/ncaaahelp/home
	Career One Stop has plenty of resources on exploring careers, and students' own skills and interests	MS/HS (ScholarCentric Level 2)	https://www.careeronestop.org/Toolkit/ACINet.aspx
	Newsela: Free activities to build college and career awareness for high school students (*Requires free sign-up)	MS/HS (ScholarCentric Level 2)	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)	MS/HS (ScholarCentric Level 2)	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 (ScholarCentric Level 1)	https://newsela.com/subject/other/340656/333131/333139
	Interest Clubs: If there is time during the remote learning schedule (advisory, homeroom, study hall, office hours, etc.) consider having adults in the school host interest clubs that students can attend. Interest club ideas could meet virtually on various interests and topics that can allow students to explore their interests and connect that to school. Students can also connect with peers with similar interests.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Your school or program's virtual meeting platform
	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.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	General Internet research
	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).	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	n/a
	Virtual College Tours: Explore what colleges that your students may be interested in offer virtual tours	MS/HS (ScholarCentric Level 2)	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	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	n/a

<p>Confidence In order for a student to overcome academic challenges that are presented throughout a student's tenure in school, that student must 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>	<p>Kahn Academy: "Khan 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."</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://www.khanacademy.org/about</p>
	<p>Newsela: Free activities to build confidence for high school students (*Requires free sign-up)</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://newsela.com/subject/other/340683/324102/324106 and https://newsela.com/subject/other/340683/324102/324105</p>
	<p>Newsela: Free activities to build confidence for Middle school students (*Requires free sign-up)</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://newsela.com/subject/other/340682/297819/319479 and https://newsela.com/subject/other/340682/297819/297854</p>
	<p>Newsela: Free activities to build confidence for elementary school students (*Requires free sign-up)</p>	<p>Elementary (ScholarCentric Level 1)</p>	<p>https://newsela.com/subject/other/340656/324095/324099 and https://newsela.com/subject/other/340656/324095/324098</p>
	<p>Downloadable free practice ACT tests to help students prep for ACT.</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://blog.prepscholar.com/printable-act-practice-tests-5-free</p>
	<p>ACT Informational Resources</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>http://www.act.org/content/act/en/products-and-services/the-act.html</p>
	<p>Practice College Essay preparation tips</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://bigfuture.collegeboard.org/get-in/essays/3-ways-to-approach-common-college-essay-questions</p>
	<p>Information on how you can pay for college tuition, research your financial aid options</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://studentaid.gov/h/apply-for-aid/fafsa</p>
	<p>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."</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://quizlet.com/</p>
	<p>Resume Writing, Cover Letters, Interview - Tips documents</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://www.ccc.edu/colleges/malcolm-x/departments/Documents/C2C%20Services.Online%20Guide.BKT.v3.pdf and https://www.hcpss.org/f/newlanguages/docs/eng_resumewriting.pdf</p>
	<p>Gamified Quizzes: similar to Break Breaks, but incorporating your lesson content into quizzes that are fun, engaging, and competitive can be a great way for students to reduce some stress and still reinforce your content.</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://kahoot.com/schools/how-it-works/ https://quizizz.com/</p>
	<p>Warm Calls: Before calling on students to participate in a virtual whole-group or small-group class or conference, send a private chat to let them know you will be asking for their input on the topic. That way, they can think about their response and feel more confident sharing out.</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>Your school or program's virtual meeting platform</p>
	<p>Students of the Week / Month: Meet with your team of colleagues to decide on a student or students that can be recognized as SOM or SOW for demonstrating certain traits you are looking to promote. Recognize the student through town hall, announcement, newsletter, etc.</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>n/a</p>
	<p>Interest Clubs: If there is time during the remote learning schedule (advisory, homeroom, study hall, office hours, etc.) consider having adults in the school host interest clubs that students can attend. Interest club ideas could meet virtually on various interests and topics that can allow students to explore their interests and connect that to school. Students can also connect with peers with similar interests.</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>Your school or program's virtual meeting platform</p>
<p>Connections 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>	<p>Facebook Messenger for Kids is designed to allow younger kids to stay connected and interact with peers with easy adult supervision.</p>	<p>Mostly Elementary (ScholarCentric Level 1)</p>	<p>https://www.facebook.com/help/messenger-app/213724335832452?helpref=about_content</p>

	Mote-Voice: mote is an 'add on' for Google Classroom, Docs, Slides and Sheets that makes it easy for teachers and teams to create voice note comments and feedback.	MS/HS (ScholarCentric Level 2) with parent supervision / assistance	http://www.justmote.me
	Parlay Discussion Boards: Parlay is a student-centered discussion-based learning tool and global community of educators who are reimagining class discussions for the 21st Century.	MS/HS (ScholarCentric Level 2)	Future of Discussions Parlay Ideas
	School Website (Google Classroom): Create a school, grade, or class-specific website to which students can submit content. Content could include art, poetry, articles, photography, etc. This can also build on student confidence	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Google Classroom
	Google Slides Add-Ons can help make your lessons more interactive as you are going through your slide decks. Students can respond to prompts, polls, explore websites, and interact in a number of ways right within the slides you are presenting. Many resources are free to educators.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://www.peardeck.com/ https://nearpod.com/
	"Coffee with Counselors" Some schools may designate weekly time to virtual meeting opportunities for students and/or parents to discuss certain topics of need/interest. This is a great way to address common school and student issues and challenges and also give opportunity to connect with parents and adults at home.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Virtual video conference platform your school is using
	Free Video Connection programs/applications like Zoom can allow students to stay connected via virtual meetings or hangouts.	MS/HS (ScholarCentric Level 2) with parent supervision / assistance	https://zoom.us/Tips for Safer Zooming: http://tuftsedtech.screenstepslive.com/s/19028/m/94934/1/1222651-how-to-prevent-zoombombing
	Breakout rooms in Zoom: these can be used to facilitate student-led small group discussions during class or conference sessions. Counselors or colleague teachers may also push into a Zoom class and pull student(s) for small group pull out sessions.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Feature in Zoom
	Letters to teacher, counselor, advisor, mentor, etc.: Create an assignment doc in Google Classroom with your letter template and send a copy to each student in your cohort where they can respond to your letter. This can be a recurring activity to check in with students	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Google Classroom
	Device Free Family Dinners	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://www.common SenseMedia.org/device-free-dinner
	Siblings - TV to watch together, a list by CommonSense Media	Mostly Elementary (ScholarCentric Level 1)	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)	MS/HS (ScholarCentric Level 2)	https://newsela.com/subject/other/340683/330717 and https://newsela.com/subject/other/340683/325544 and 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)	MS/HS (ScholarCentric Level 2)	https://newsela.com/subject/other/340682/327437 and https://newsela.com/subject/other/340682/330710 and https://newsela.com/subject/other/340682/332105/332109
	Newsela: Free activities to build connections and relationship management skills for elementary school students (*Requires free sign-up)	Elementary (ScholarCentric Level 1)	https://newsela.com/subject/other/340656/330727 and https://newsela.com/subject/other/340656/332112 and 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 (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://www.originsonline.org/developmental-designs/circle-power-and-respect

	Collaborative Art Projects These can not only serve to beautify your school or 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 (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	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		Elementary (ScholarCentric Level 1)	https://www.scholastic.com/parents/family-life/social-emotional-learning/social-skills-for-kids/12-ways-to-develop-your-childs-organizational-skills.html
	Oranization and Planning tips for helping students manage time	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://www.commonsemmedia.org/lists/apps-to-help-kids-stay-focused
	Apps for helping students stay focused and organized	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://www.commonsemmedia.org/lists/apps-to-help-kids-stay-focused
	Counselor Office Hours / Group Virtual Meeting Opportunities: If schedule permits, counselors can hold office ours for virtual group meetings on different topics that students can sign up to attend or be encouraged to attend. Topics could include things like anxiety, relationships, etc.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Your school or program's virtual meeting platform
	Google Forms as quick check ins from teacher, counselor, mentor, etc.: Use Google Forms to send students quick questionnaires to check in with them on various issues. This is a quick way to find out which students may need more individualized check-ins and topics of broader need focus.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Google Classroom
	Book: 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.	MS/HS (ScholarCentric Level 2)	
	Lunch Doodles with Mo: free guided drawing activites for kids	Mostly Elementary (ScholarCentric Level 1)	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 (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	
	Findancial Literacy activities and resources	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	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 (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://www.edutopia.org/blog/brain-breaks-focused-attention-practices-lori-desautels https://www.edutopia.org/article/activities-prime-brain-learning
	Gamified Quizzes: similar to Break Breaks, but incorporating your lesson content into quizzes that are fun, engaging, and competitive can be a great way for students to reduce some stress and still reinforce your content.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	https://kahoot.com/schools/how-it-works/ https://quizizz.com/
	"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 (ScholarCentric Level 1)	https://www.gonoodle.com/
	Newsela: Free activities to help with stress management skills for high school students (*Requires free sign-up)	MS/HS (ScholarCentric Level 2)	https://newsela.com/subject/other/340683/327417/327430 and 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)	MS/HS (ScholarCentric Level 2)	https://newsela.com/subject/other/340682/325558/325565 and 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 (ScholarCentric Level 1)	https://newsela.com/subject/other/340656/326893/326901 and https://newsela.com/subject/other/340656/326893/456286 and 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 find out school locations near you find out where free meals can be picked up for students in your area.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Internet Search: school lunch pickup locations near me
	NY Times article on "5 Ways to Help Teens Manage Anxiety about the Coronavirus"	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	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.crisiscallcenter.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 (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	http://www.crisiscallcenter.org
	Apps for children geared towards meditation, mindfulness, and relaxation	Mostly Elementary (ScholarCentric Level 1)	https://www.commonsemmedia.org/lists/meditation-apps-for-kids
	Seize the Awkward: Interactive website for teens regarding mental health	MS/HS (ScholarCentric Level 2)	https://seizetheawkward.org/#what-is-seize-the-awkward
	Newsela: Free activities focused on healthy habits for elementary school students (*Requires free sign-up)	Elementary (ScholarCentric Level 1)	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.	MS/HS (ScholarCentric Level 2)	https://ok2talk.org/
	A Website with information and tips about reducing anxiety related specifically to Covid 19	MS/HS (ScholarCentric Level 2)	https://www.virusanxiety.com/take-care
	BrainPop		https://www.brainpop.com/health/
	Resources for creating calmness	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	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)	MS/HS (ScholarCentric Level 2)	https://newsela.com/subject/other/340683/324102/324104 and 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)	MS/HS (ScholarCentric Level 2)	https://newsela.com/subject/other/340682/297819/297853 and 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 (ScholarCentric Level 1)	https://newsela.com/subject/other/340656/324095/324097 and https://newsela.com/subject/other/340656/324095/324096
	Calming and Wellness techniques	Mostly Elementary (ScholarCentric Level 1)	https://mcusercontent.com/8b2c19337ef7c5607939c263/files/ea61443c-312b-4ff6-8d9c-bb0f8b969a4f/Keep_Calm_Practice_Calm_Classroom_E_Book.01.pdf?mc_cid=6a8bdc49b9&mc_eid=80155b67d9
	Community health programs or resources: check your local community for health organizations that may be able to offer time for meeting with your students virtually. Some may have programs available or be available to partner with your school or group.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	Local research
	Self-Care Plans: Discuss with students the importance of self-care, and finding ways for them to take care of themselves. Have them come up with a self-care plan by exploring their interests and creating SMART Goals around their plans.	Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)	n/a

<p>Motivation 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.</p>	<p>Students can get inspiration from other young students by exploring Ted Talks by kids.</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://www.ted.com/playlists/129/ted_under_20</p>
	<p>Newsela: Free activities focused on determination and growth mindset for high school students (*Requires free sign-up)</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://newsela.com/subject/other/340683/327417/327419 and https://newsela.com/subject/other/340683/327417/327420</p>
	<p>Newsela: Free activities focused on determination and growth mindset for middle school students (*Requires free sign-up)</p>	<p>MS/HS (ScholarCentric Level 2)</p>	<p>https://newsela.com/subject/other/340682/325558/325560 and https://newsela.com/subject/other/340682/325558/325562</p>
	<p>Newsela: Free activities focused on determination and growth mindset for elementary school students (*Requires free sign-up)</p>	<p>Elementary (ScholarCentric Level 1)</p>	<p>https://newsela.com/subject/other/340656/326893/326895 and https://newsela.com/subject/other/340656/326893/326897</p>
	<p>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.</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://dodstem.us/media/dod-stem-videos</p>
	<p>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 mathematicians; and to learn many interesting facts about education. Watch our Kids' Zone video to find out more!</p>	<p>Mostly Elementary (ScholarCentric Level 1)</p>	<p>https://nces.ed.gov/nceskids/</p>
	<p>STEM Resources for kids to explore by NASA</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://www.nasa.gov/stem</p>
	<p>"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."</p>	<p>Elementary (ScholarCentric Level 1) and MS/HS (ScholarCentric Level 2)</p>	<p>https://ssec.si.edu/distancelearning</p>
<p>General Information/Resources for SEL-At-Home</p>			
	<p>7 Guiding Principles For Parents Teaching From Home</p>		<p>https://www.edutopia.org/article/7-guiding-principles-parents-teaching-home</p>
	<p>Newsela SEL Guide - Elementary (*Requires free sign-up)</p>		<p>https://newsela.com/subject/other/340656</p>
	<p>Newsela SEL Guide - Middle School (*Requires free sign-up)</p>		<p>https://newsela.com/subject/other/340682</p>
	<p>Newsela SEL Guide - High School (*Requires free sign-up)</p>		<p>https://newsela.com/subject/other/340683</p>
	<p>Newsela Distance Learning</p>		<p>https://newsela.com/specials/distance-learning/2000216298</p>
	<p>Guide: Newsela Social-Emotional Learning: Remote Learning Activities</p>		<p>https://go.newsela.com/rs/628-ZPE-510/images/COM-Newsela-SEL-Collection-Remote-Learning.pdf</p>
	<p>Greater Good in Education - general SEL resources and strategies</p>		<p>https://ggie.berkeley.edu/practices/</p>
	<p>A host of educational resources</p>		<p>http://www.amazingeducationalresources.com/</p>