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*Social and Emotional Learning (SEL) and maintaining positive connections with the school community remains a crucial component of student academic instruction and well-being during school closure. However, as educators adjust to new crisis distance learning skills and platforms, SEL may initially be a less-integrated aspect of school-wide or classroom-based remote learning curricula. It can be time-consuming to identify and explore the plethora of virtual resources available on this topic. To minimize this challenge, and with consideration of differentiated needs of school sites and staff, below is a menu links to SEL content provided by a variety of organizations or distance learning platforms. Many of the resources below provide resources applicable to both educators and parents/families. They may be considered for integration into daily and/or weekly virtual lesson plans by educators to continue supporting students' SEL and well-being during school closure.**

<p>Wide Open School</p> <p>Pre-K - 5th Grade: Emotional Well-being</p> <p>WIDEOPENSCHOOL <small>POWERED BY common sense</small></p> <p><i>Site includes additional resource/program links</i></p>	<p>Second Step: Committee for Children</p> <p>Free On-demand Lessons, Resources</p> <p>SECOND STEP</p> <p>*Middle School Curriculum</p>	<p>*Sanford Harmony</p> <p>Pre-K-6th Grade At Home: Free SEL Resources & Online Toolkit for Educators, Families and Caregivers</p> <p>SANFORD HARMONY <small>National University System</small></p>	<p>Transforming Education</p> <p>SEL Resources for Educators: Tools & Toolkits</p> <p>transforming education</p>
<p>Inside SEL</p> <p>Resources for Parents, Educators, School Communities re: COVID-19</p> <p>INSIDE SEL <small>SOCIAL & EMOTIONAL LEARNING</small></p>	<p>SEL Foundations: Classroom Champions Curriculum</p> <p>Free SEL Curriculum for Teachers and Parents during COVID</p> <p>CLASSROOM CHAMPIONS</p>	<p>Better Kids</p> <p>Free SEL Resources, Worksheets for Parents and Teachers (English, Spanish, French)</p> <p>betterkids</p>	<p>Emotional ABC's</p> <p>Free SEL Tools for Teachers and Parents</p> <p>EMOTIONAL ABC's <small>America's #1 Awarded SEL Program</small></p>
<p>BrainPop</p> <p>Movies on 4 SEL Competencies & Themed Collections Health & SEL</p> <p>Brain POP</p>	<p>Cosmic Kids</p> <p>Yoga & Movement Activities</p> <p>COSMIC KIDS!</p>	<p>GoNoodle (via Clever)</p> <p>SEL, Movement & Mindfulness Activities free via Clever to Students & Teachers</p> <p>GoNoodle</p>	<p>Tinkergarten</p> <p>Free Learning Outside Activities during Summer and COVID</p> <p>tinkergarten</p>

<p>PBS Learning Media</p> <p>Pre-K-2nd Grade Social & Emotional Development</p> 	<p>Khan Academy</p> <p>LearnStorm Growth Mindset Activities</p> 	<p>ClassDojo</p> <p>“Big Ideas” Socio-Emotional Learning Videos</p> 	<p>Flocabulary by Nearpod</p> <p>Life Skills: Social & Emotional Learning Lessons</p> 
<p>Headspace</p> <p>App for Mindfulness, Stress Release, Sleep & Meditation</p> <p><i>(free to all LAUSD employees and for the unemployed, and free trial link)</i></p> 	<p>Inner Explorer</p> <p>Mindfulness Based Stress Reduction Program</p>  <p>Free Family App</p> <p><i>3 months free to LAUSD staff via Schoology Job Aid</i></p>	<p>Mind Yeti <i>Currently free via YouTube</i></p> <p>Free Guided Mindfulness Sessions & Videos</p>  <p><i>also available in Spanish</i></p> <p>MindYeti <i>(regular website)</i></p>	<p>Mindful Schools</p> <p>Teacher Mindfulness Resources, Free Class for Kids</p> 
<p>GoZen</p> <p>Cultivating Well-being through Practice: Mindfulness Education & Practice Videos</p> 	<p>Resilient Educator</p> <p>Mindfulness Activities for the Elementary Classroom</p> 	<p>Collaborative Learning Solutions</p> <p>Daily SEL Lesson</p>  <p>The Importance of Self-Care for Teachers</p>	<p>Centervention</p> <p>SEL Activities</p> 
<p>NEWSLA</p> <p>Complete Socio-Emotional Learning Lessons: Collections for all Grades, Five Reading Levels</p> 	<p>Leader in Me</p> <p>Resources for Families, Teachers & Administrators Based on Steven Covey’s ‘7 Habits’</p> 	<p>Edutopia</p> <p>Social and Emotional Learning Resources to Create a Healthy School Culture</p> 	<p>Minecraft SEL Edition: Content Pack</p> <p>SEL Learning Worlds Content Pack: Socio- Emotional Learning Worlds, Digital Citizenship, Mindful Knight, Inspiration Island</p> 

<p><u>Confident Parents Confident Kids</u></p> <p>A Resource Site for Parents Actively Supporting Kids' SEL & Development</p> 	<p><u>Alliance for a Healthier Generation</u></p> <p>COVID-19 Resources and Updates for Families and Educators</p> 	<p><u>Common Sense</u></p> <p>Digital Citizenship Resources</p> <p>https://www.common Sense.org/</p> 	<p><u>Ruler Approach</u></p> <p>Yale Center for Emotional Intelligence: School Resources for Navigating Emotional Times</p> 
<p><u>Focus 5</u></p> <p>"Focus 5" Focus and Awareness Building Activities and Strategies for Students</p> 	<p><u>DreamItAlive</u></p> <p>Create a free Vision Board to help manifest goals and desires in 10 areas of life into reality</p> 	<p><u>LAUSD Human Relations, Diversity and Equity Office</u></p> <p>Information and Guidance in these times of COVID 19 and Community Unrest</p> 	

See also LAUSD Division of Education & Socio Emotional Learning: SEL Resources table broken out by Grade Level, with rubric/descriptions: <https://achieve.lausd.net/Page/16609>

Disclaimer: "The information above is provided as a resource for teachers and families. The content is not endorsed by Los Angeles Unified School District and is not required as part of the District's educational program, however, any program with an asterisk is District approved."

Disclaimer: "Second Step, Sanford Harmony and Inner Explorer curricular materials have been vetted and approved by LAUSD. Ancillary resources have not been vetted and approved by the District. Please use at your own discretion."

****The table above was revised to incorporate additional resources noted on the above District website found as of 6/10/20.**