

# Social & Emotional Learning Activities for Families

	<u>Description of Resource</u>	<u>Grade Levels Supported</u>	<u>Resource Type</u>
<a href="#"><u>Great Start Collaborative-Wayne</u></a>	Great Start Collaborative-Wayne website with virtual family fun resources and activities	Birth to Grade 8	Activities
<a href="#"><u>Pathways to Success</u></a>	This site offers activities and guidance on a variety of SEL activities to do with your kids at home.	K-6	Activities
<a href="#"><u>Parenting Tips during COVID-19</u></a>	Proven parenting tips and activities for all ages.  Available in 70 languages.	PK-12	Activities and tips; factsheet form
<a href="#"><u>Thrive Inside with Smiling Mind</u></a>	This webpage offers and explains a free app. Thrive Inside is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.	K-12	Activities
<a href="#"><u>Michigan Virtual: Social and Emotional</u></a>	FREE access to the Michigan Cares Portal until the end of the 20-21 school year. *Registration required to access the content  This online platform houses hundreds of lessons designed to help children in grades K-12 develop the skills required for social, emotional, and mental well-being.  Each child lesson is accompanied by a parent lesson with tips for conversations and skill building.	K-12	Lessons, videos, family engagement



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<a href="#"><u>Positive Psychology's List of Mindfulness Activities for Very Young Children and Teens</u></a>	Mindfulness resources all listed on one page.	K-12	Activities, tips, games, videos and classes
<a href="#"><u>Michigan Page of sample meditations</u></a> <a href="#"><u>Youtube Channel</u></a>	<p>This special collection of meditation, sleep, and movement exercises below are designed to help you keep a strong and healthy mind in the midst of this global health crisis.</p> <p>The set of activities available on this page are free to Michigan residents (fees may apply when you sign up for other content).</p> <p>Educators can access a full account for free when using their school email to sign up.</p> <p>Languages available: English, French, German, Spanish and Portuguese</p>	ALL AGES	Audio meditations, Youtube videos
<a href="#"><u>CONROE ISD: Digital Learning Overview</u></a>	<p>Weekly messages for parents on SEL with many activities and nice handouts structured around a theme.</p> <p>Select the grade level of interest then scroll down until you see the SEL Icon below. The link will take you to the current week's information.</p> <p>Available in Spanish</p>	PK-12	Websites, Videos, Activities



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<u>Mindfulness</u>	Free Mindfulness Course that people can sign up for. Languages available: English and Arabic.	Young adults, parents	Course
<u>Parent Toolkit</u>	SEL Development Tool for parents. Can be broken down into specific topics and age groups. Available in Spanish	PK-12	Videos and articles
<u>Therapy in a Nutshell Website</u> <u>You Tube Channel: Mental Health Concerns</u>	Blog targeted towards high school students and parents  YouTube Channel talks about how to deal with many mental health concerns.	High school students and parents	Videos, blog articles for parents/adults, other resources
<u>Playworks: Play at Home</u>	Help kids stay engaged and interact with one another, and can be played at home with little to no equipment. Playworks has also been broadcasting #PlayAtHome Recess live on Facebook at 11a, 1pm, and 3 pm (CT), Monday through Friday.	K-12	Videos
<u>34 Conversation Starters for your Family</u>	Conversation Starters for Families- It allows family members to develop perspectives, family culture, respect for each other and problem-solving skills. Conversation Starters for Families list questions to help get you and your family started on this activity.	K-12	Question list



# Social & Emotional Learning Activities for Families

Guidance provided from:

- CASEL States Initiative (CSI) team and the many states that contributed resources
- Center to Improve Social Emotional Learning and School Safety
- WestED
- Oakland Schools
- Members of the Washington SEL Advisory Committee

