



# OGSD Social-Emotional Playbook of Supports



The only way to change someone's mind is to connect with them from the heart.

-Rasheed Ogunlaru

# Social-Emotional Playbook of Supports

The purpose of this playbook is to provide teachers with Social-Emotional Learning (SEL) activities and lessons they can choose from to support students' overall well-being and reestablish social connections. These activities were purposefully selected to be ready-to-use. They require little-to-no additional planning/preparation by the teacher. Most of the lessons and activities are intended to be used in a virtual/distance learning environment, but can also easily be adapted to an in-person classroom when needed. The lessons in this playbook can be used by teachers as deemed appropriate or necessary for their students/classroom.

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## **Importance of Maintaining Your Own Wellness**

You work tirelessly to create safe, engaging, and inspiring spaces and learning opportunities for our students and their families. The swift evolution of “how we do education” during a global pandemic has been nothing short of challenging. While there is still so much shifting daily, there are truths we are sure of: our educators are the best in the business; our educators are selfless, creative, passionate individuals who give their best daily; our educators provide a priceless service in educating our community; you, our educators, deserve special care, too.

As we move into a new school year, it can be easy to slip back into old patterns of caring for others while neglecting ourselves. In fact, pressing the pause button in an industry in which we’re constantly assessing and creatively addressing the needs of other humans in flux can feel counterintuitive. However, OGSD upholds the belief that the well-being of our staff matters. We recognize that our employees sacrifice countless hours of rest, family time, and investment in personal interests to continually meet the needs of our community.

We invite you to consider that you will be your best when you are intentional about self-care... when you reconnect to the people and things that fill you with awe, or remind you to breathe, to laugh, or to pause and just BE, versus do. Taking care of you ensures your capacity to hold space for our most vulnerable and to engage with empathy and agility. To put it simply, we can’t do this without you. We need you at your best so that we can provide our students with what they deserve: an opportunity to thrive in life. We encourage you to take advantage of the many and varied wellness opportunities created and curated for our OGSD employee family. As the saying goes, “You cannot pour from an empty vessel.” Take good care of yourself. We see you and celebrate all that you are.

Please visit our Staff [Health and Wellness](#) webpage for more articles and information.

## **Why Students Need Social-Emotional Learning (SEL) Now More Than Ever**

### **Re-Establish Social Connections During School Closures**

Children and adolescents are social beings. Their lives are structured around social activities and efforts towards building connections. During this time of social distancing and virtual learning, many of our students are less connected to primary supports, such as friends and teachers. We must find a way to foster social and emotional connections between our students and our school communities.

### **Provide a Buffer Against Trauma**

The Covid-19 Pandemic and related school closures have resulted in many of our students experiencing trauma. Many of our students may be experiencing trauma for the first time and may

be feeling stress and anxiety associated with being at home. In addition, we have many students who have experienced trauma in their past and may be more susceptible to trauma-related stressors. Our students may be experiencing the anxiety of family members who are trying to balance work and childcare, or who may have lost jobs, or those caring for others who are ill. All of our students are trying to balance the stress of being isolated from their peers and their new school environment. Left unaddressed, trauma can manifest into toxic stress and long-term academic, social, and physical health issues.

Fortunately, educators can provide important support against trauma and adversities during this crisis. Schools can provide a supportive environment to help build positive social connections with peers and adults. These connections can counteract the effects of trauma.

### **Provide Avenues of Discussion Regarding Social Unrest**

Tumultuous political differences and social unrest abound at this time. The death of George Floyd in Minneapolis sparked protests across the country as hundreds of thousands of people united to voice their concerns about racism and systemic inequities in our nation. Protests call attention to police brutality, the Black Lives Matter movement, and injustices within our own communities. Social media platforms have been filled with expressions of anger and concern about racism and inequities. Our students and their families may be greatly impacted, as a result of these tensions. As with all trauma experienced by our students, educators may aid in the healing process.

## **Planning for the Provision of Social Emotional Learning Activities**

When transitioning to education in a Hybrid setting, it can be helpful to remember that the practices used in a physical classroom can work just as well in the virtual classroom. The first step in setting up any classroom is to define expected behaviors. Please click here for additional guidance on [Creating a PBIS Behavior Matrix for Remote Instruction](#).

There are four ways to engage with students to provide social-emotional learning opportunities:

### **Synchronous Activities:**

Students and teachers interact live through an online meeting platform to foster social interaction and connections. This requires the least adaptation of activities, and is a very effective way to support social-emotional needs.

### **Asynchronous Activities:**

In these activities, students engage in a group activity but on their own time. Typically, a teacher posts an activity in a shared online space such as Google Classroom, and students publicly post their responses to the activity. The teacher and classmates can comment on each other's

responses. The teacher can summarize the conversation, post a final reflection question for the students to complete individually, or summarize at the next synchronous meeting. While providing these activities can be more cumbersome than live activities and conversations, it can help students who may not feel comfortable speaking out loud, and allow for thoughtful participation and deep and meaningful conversations.

### **Individual Activities:**

These activities are very good at establishing rapport with students and teachers and can have tremendous effects on buffering trauma. These can be the most time consuming for teachers because teachers would adapt lessons or respond individually to the students' responses.

### **In-Person Activities:**

In-person activities provide the typical social-emotional activities in a live, face-to-face setting that does not require adaptations to traditional social emotional lesson plans. Any of the links to activities in this guide can be provided in an in-person setting.

The activities in this playbook target four key areas for developing resiliency and enhancing student learning: Community Building, Coping Skills, Self-Care, and Study Skills/Social Skills. For ease of teacher use, please click on a link below for activities geared for your grade level:

[Pre-K, TK, and Kindergarten](#)

[Elementary: Primary \(Grades 1-3\)](#)

[Elementary: Upper \(Grades 4-6\)](#)

[Middle School \(Grades 7-8\)](#)

[NEARPOD Lesson Directory](#)

[Additional Resources](#)

# Pre-K, TK, and Kindergarten Lessons

## Community Building

[Recommendations For Holding A Virtual Community Circle To Build Connection During COVID-19](#)

This fact sheet from The National Child Traumatic Stress Network website discusses virtual community circles and reasons to hold them, includes sample virtual circles, and describes how to facilitate a virtual community circle. Sample content will need to be modified to make it age appropriate.

Provides lesson plans for community circles.

[Virtual Community Circles](#)

5 days of community circle building activities to get through your week!

[Community Circle Topics Days 1-10](#)

In this time of learning, keeping our students connected and feeling a part of a community is vital to their health and well-being. We can meet their needs for relationship, competence, autonomy, fun, and safety by continuing with Community Circles in a virtual setting.

Although these are geared towards in person, the lessons can be adapted to synchronous or asynchronous lessons. Specific adaptations for Kindergarten students are on page 21.

[Preguntas Restaurativas](#)

This document includes examples of questions or themes to unite the community circle.

## Coping Skills

**Imagine Neighborhood**

Week 1:

[Problem Solving with the Fire Pirates!](#)

Week 2:

[Emotional Intelligence Podcast](#)

Week 3:

[IF We Steal Socks, THEN Sock Goblins!](#)

Week 4:

[Make Things Right](#)

Week 5:

Designed for remote learning, this series of lessons created by the Imagine Neighborhood provides 6 weeks of daily, research-based, family-friendly activities. Students will play, listen, move, and practice mindfulness while learning important social-emotional skills that will help make staying home a little more manageable and a lot more fun.

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| <p><a href="#">Macho Curses an Oven</a><br/> Week 6:<br/> <a href="#">Tantrumus Maximus!</a></p>   |   |
| <p><b>Second Step</b><br/> <a href="#">Early Learning (PK/TK) Lessons</a><br/> <a href="#">Kindergarten Lessons</a></p>  | <p>Second Step provides on-demand emotion management lessons for grades K–5, along with support materials for each lesson. All lessons are free (no login required) and feature Second Step's Committee for Children staff, who also happen to be experienced teachers and school counselors.</p> |
| <p><a href="#">Mindfulness for Kids</a></p>  | <p>Offers several engaging and free mindfulness meditations in ENGLISH and SPANISH.</p>   |
| <p><a href="#">21 Days of Mindfulness Bootcamp- Mindful Able and Fy Explain Mindfulness</a></p>  | <p>21 days of brief animated guided mindfulness videos.</p>   |
| <p><a href="#">Breathing With a Pinwheel - Well Activity</a></p>   | <p>Helps students practice deep breaths by using a pinwheel to show them how.</p>   |
| <p><a href="#">Tracing Fingers   Get Up and Go!</a><br/> <a href="#">Brain Break: Shape Breathing</a><br/> <a href="#">Story Time Cookie Breathing</a><br/> <a href="#">Brain Break: Breathing Anchors</a><br/> <a href="#">Happy Healthy Kids   10, 9, 8... Calm is Great!</a><br/> <a href="#">Belly Breathe   Sesame Street</a><br/> <a href="#">Brain Break: Progressive Muscle Relaxation</a></p> | <p>Short videos to teach students calming techniques to practice at home when feeling overwhelmed.</p>  |
| <p><a href="#">Sesame Street: Growth Mindset</a><br/> <a href="#">Sesame Street: The Power of Yet</a><br/> <a href="#">Daniel Tiger: Empathy</a></p>   | <p>Watch these episodes from popular television programs from PBS, to teach Social-Emotional Learning.</p>  |
| <p><a href="#">Daniel Tiger: Anger</a><br/> <a href="#">Daniel Tiger: Use Your Words</a><br/> <a href="#">Daniel Tiger: Sharing</a></p>  | <p>PBS created these learning toolkits for several social skills. The links include videos, discussion questions, and handouts for parents in English and Spanish.</p>  |
| <p><a href="#">Hablando de los Sentimientos Fuertes</a></p>  | <p>Strong feelings can be difficult for small children, but talking to adults can help. Video in Spanish.</p>   |

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| <a href="#">Emergencias de salud Sesame Street en las comunidades</a> | When children feel worried, adults can help them to feel more calm and protected. Video in Spanish.  |
| <b>Self Care</b>  |  |
| <a href="#">Freeze Dance   Freeze Song   Freeze Dance for Kids</a>    | Fun video to help students get some movement into their day.   |
| <a href="#">Washing Hands Activities for Kids</a>                     | Ideas for teaching about how to wash hands properly. This website includes a video, online quizzes, online games, printable activities, and more.                                    |
| <a href="#">Hello, Body!   The Healthy Kids Project</a>               | Short video that reminds children to get moving to support overall well-being  |
| <a href="#">Extra Extra Talk All About It</a>                         | Short video that encourages children to communicate their feelings to a trusted adult in order to help them feel better.   |
| <a href="#">Feel Good Scavenger Hunt</a>                              | Printable PDF to engage Elementary-aged kids in a variety of mood-boosting activities.   |
| <a href="#">Feelings Check-In</a>                                     | Printable PDF that guides youth through their own check-in. Would be great as a weekly assignment to share out for a circle time.  |
| <a href="#">Affirmations Cards</a>                                    | Printable PDF that guides youth through creating their own personal affirmations. Would be great as a homework assignment and then used to share with classmates to build community. |
| <a href="#">Música Relajante para Meditar</a>                         | Meditation for self care in Spanish  |
| <a href="#">Música relajante con Lluvia suave</a>                     | Meditation for self care in Spanish  |
| <a href="#">Muévete con Elmo</a>                                      | Elmo is the perfect friend to demonstrate healthy habits and to motivate children to have fun. Lesson is in Spanish.   |
| <a href="#">Maneras de conectarse con amigos</a>                      | Elmo misses his friends. There are many ways to get in touch with the people we love safely. Lesson is in Spanish.   |



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| <a href="#">Rutinas para dormir</a>     | Routines are key at bedtime. Marvie shares her routines. Lesson is in Spanish.   |
| <b>Study Skills/Social Skills</b>       |  |
| <a href="#">We Do Listen Foundation</a> | Howard Wigglebottom animated stories focus on self-care, character building, and social-emotional development. There are songs to go with each story! Also included are posters to print, coloring sheets, and other valuable resources. This website has many different lessons included in one place. All lessons have a focus on Listening. |

## Elementary/Primary (Grades 1-3) Lessons

### Community Building

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| <a href="#">Recommendations For Holding A Virtual Community Circle To Build Connection During COVID-19</a> | <p>This fact sheet from The National Child Traumatic Stress Network website discusses virtual community circles and reasons to hold them, includes sample virtual circles, and describes how to facilitate a virtual community circle. Sample content will need to be modified to make it age appropriate.</p> |
| <a href="#">Virtual Community Circles</a>  | <p>5 days of community circle building activities to get through your week!</p>  |
| <a href="#">Preguntas Restaurativas</a>  | <p>This document includes examples of questions or themes to unite the community circle.</p>   |

### Coping Skills

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| <p><b>Imagine Neighborhood</b><br/>           Week 1:<br/> <a href="#">Problem Solving with the Fire Pirates!</a><br/>           Week 2:<br/> <a href="#">Emotional Intelligence Podcast</a><br/>           Week 3:<br/> <a href="#">IF We Steal Socks, THEN Sock Goblins!</a><br/>           Week 4:<br/> <a href="#">Make Things Right</a><br/>           Week 5:<br/> <a href="#">Macho Curses an Oven</a><br/>           Week 6:<br/> <a href="#">Tantrumus Maximus!</a></p> | <p>Designed for remote learning, this series of lessons created by the Imagine Neighborhood provides 6 weeks of daily, research-based, family-friendly activities. Students will play, listen, move, and practice mindfulness while learning important social-emotional skills that will help make staying home a little more manageable and a lot more fun.</p> |
| <p><b>Second Step</b><br/> <a href="#">1st Grade Lessons</a><br/> <a href="#">2nd Grade Lessons</a><br/> <a href="#">3rd Grade Lessons</a></p>   | <p>Second Step provides on-demand emotion management lessons for grades K-5, along with support materials for each lesson. All lessons are free (no login required) and feature Second Step's Committee for Children staff, who also happen to be experienced teachers and school counselors.</p>  |
| <a href="#">What Do I Do When I Feel Worried?</a>  | <p>Narrated powerpoint focusing on coping skills. Geared for all elementary-aged students.</p>   |

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| <a href="#">Take Deep Breaths Stop and Listen Draw Your Worry Favorite Place Write a Happy Ending Journal</a>   | Worksheet with coping skills cards that include child-friendly descriptions of each technique.  |
| <a href="#">Right now, I am fine</a>  | This guided read focuses on positive feelings in uncertain situations.  |
| <a href="#">Breathing With a Pinwheel - Well Activity</a>   | This exercise helps students practice deep breaths by using a pinwheel to demonstrate.  |
| <a href="#">Mindfulness for Kids and Their Adults</a>   | Several engaging and free mindfulness meditations in ENGLISH and SPANISH.   |
| <a href="#">21 Days of Mindfulness Bootcamp- Mindful Able and Fy Explain Mindfulness</a>  | 21 days of brief animated guided mindfulness videos.  |
| <a href="#">Calming Techniques - Tracing Fingers</a><br><br><a href="#">Calm is Great</a><br><br><a href="#">Belly Breathe   Sesame Street</a><br><br><a href="#">Brain Break: Shape Breathing</a><br><br><a href="#">Story Time Cookie Breathing</a><br><br><a href="#">Brain Break: Breathing Anchors</a><br><br><a href="#">Brain Break: 5, 4, 3, 2, 1 Grounding Technique</a><br><br><a href="#">Brain Break: Progressive Muscle Relaxation</a> | Short videos to teach students calming techniques to practice at home when feeling overwhelmed.   |
| <a href="#">Counseling Virtual Lessons</a>  | Lessons and activities related to academics, social/emotional and college/career.   |
| <a href="#">The Worry Scale: Educator Instructions</a><br><br><a href="#">The Worry Scale: Student Handout</a>  | A great, simple lesson for helping students to grow awareness around what worries them and how to rate how real or intense a worry is as a means of communicating about our worries thereby moving them down the scale. |
| <a href="#">"Turn off the News"</a>   | Help Students Process COVID-19 Emotions With This Lesson Plan<br><br>"Turn Off the News" Written before the pandemic, "Turn Off the News" is an amazingly   |

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|  | timely song that expresses concern, coping, and hopefulness.  |
| <a href="#">Hablando de los Sentimientos Fuertes</a>   | Strong feelings can be difficult for small children, but talking to adults can help. Video in Spanish.  |
| <a href="#">Emergencias de salud Sesame Street en las comunidades</a>  | When children feel worried, adults can help them to feel more calm and protected. Video in Spanish.   |
| <b>Self Care</b>   |   |
| <a href="#">Movement</a>   | Fun video to help students get some movement.   |
| <a href="#">Washing Hands Activities for Kids</a>  | Find ideas for teaching about how to wash hands properly. This website includes a video, online quizzes, online games, printable activities and more.   |
| <a href="#">Extra Extra Talk All About It</a>  | Short video that encouraged children to communicate their feelings to a trusted adult in order to help them feel better.  |
| <ul style="list-style-type: none"> <li>• <a href="#">Música Relajante para Meditar</a></li> <li>• <a href="#">Música relajante con Lluvia suave</a></li> </ul> | Relaxing sounds and music in spanish  |
| <a href="#">Gratitude Journal</a>  | "Three good things" is a gratitude exercise where participants write down three good things from their day, whether big or small. Practicing gratitude regularly has been shown to increase positive emotions and improve well-being. |
| <a href="#">Social Emotional Learning Journal</a>  | A series of printables that students can use to assemble their own social emotional learning journal. Wonderful tool for students to define the resources in their corner, as well as to create something personalized.               |
| <b><u>Yoga</u></b>   | Spanish yoga videos   |

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| <ul style="list-style-type: none"> <li>• <a href="#">Frozen Yoga</a></li> <li>• <a href="#">Harry Potter Yoga</a></li> <li>• <a href="#">Trolls Yoga</a></li> <li>• <a href="#">Arnold la Hormiga</a></li> <li>• <a href="#">Betsy la Banana</a></li> <li>• <a href="#">El Pez Squish</a></li> </ul>   |  |
| <p><b><u>Meditation</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">Meditación Guiada Escaner Corporal</a></li> <li>• <a href="#">Meditation for Anxiety Spanish</a></li> <li>• <a href="#">Meditation in Spanish</a></li> <li>• <a href="#">Meditación Emociones Difíciles</a></li> <li>• <a href="#">Meditación de Gratitud</a></li> </ul>                    | <p>Guided meditation for students in spanish</p>   |
| <p><b><u>Mindfulness</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">Breathing Butterfly</a></li> <li>• <a href="#">El Lago Interior</a></li> <li>• <a href="#">Meditación Guiada para Niños</a></li> <li>• <a href="#">Movimientos conscientes para practicar mindfulness</a></li> <li>• <a href="#">Meditación guiada: date un baño de colores</a></li> </ul> | <p>Mindfulness videos in spanish</p>   |
| <p><b>Study Skills/Social Skills</b></p>   |  |
| <p><a href="#">Online Learning Tips for Students</a></p>   | <p>Powtoon video about how to be successful with distance learning, including creating a workspace, getting organized, coping with frustration, and keeping balance.</p>   |
| <p><a href="#">We Do Listen Foundation</a></p>   | <p>Howard Wigglebottom animated stories focus on self-care, character building, and social-emotional development. There are also songs to go with each story! There are also posters to print, coloring sheets and other valuable resources on this website.</p> |
| <p><a href="#">Student Worksheet: Personal Space</a></p>   | <p>Can easily be adapted for a virtual discussion</p>  |

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| <a href="#"><u>Personal Space Lesson Plan for Teachers</u></a>   | <p>using puppets. As students learn about their own boundaries, they become aware that others may have different needs for personal space.</p>  |
| <a href="#"><u>Think Before You Speak: Educator Instructions</u></a><br><a href="#"><u>Think Before You Speak: Student Handout</u></a> | <p>A simple lesson, easily adapted for virtual class time, to allow students to evaluate what is appropriate to say out loud versus what is better kept in our thoughts. This is a great opportunity to build a culture of empathy in the classroom and beyond.</p> |
| <a href="#"><u>Self Management</u></a>   | <p>A ready made You Tube video focusing on self-management</p>  |

## Elementary/Upper (Grades 4-6) Lessons

### Community Building

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| <a href="#">Recommendations For Holding A Virtual Community Circle To Build Connection During COVID-19</a> | This fact sheet from The National Child Traumatic Stress Network website discusses virtual community circles and reasons to hold them, includes sample virtual circles, and describes how to facilitate a virtual community circle. Sample content will need to be modified to make it age appropriate.  |
| <a href="#">Community Circle Topics Days 1-10</a>  | <p>In this time of learning, keeping our students connected and feeling a part of a community is vital to their health and well-being. We can meet their needs for relationship, competence, autonomy, fun, and safety by continuing with Community Circles in a virtual setting.</p> <p>Although these are geared towards in person, the lessons can be adapted to synchronous or asynchronous lessons.</p> |
| <a href="#">Preguntas Restaurativas</a>  | This document includes examples of questions or themes to unite the community circle.  |

### Coping Skills

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| <p><b>Imagine Neighborhood</b><br/>Week 1:<br/><a href="#">Problem Solving with the Fire Pirates!</a><br/>Week 2:<br/><a href="#">Emotional Intelligence Podcast</a><br/>Week 3:<br/><a href="#">IF We Steal Socks, THEN Sock Goblins!</a><br/>Week 4:<br/><a href="#">Make Things Right</a><br/>Week 5:<br/><a href="#">Macho Curses an Oven</a><br/>Week 6:<br/><a href="#">Tantrumus Maximus!</a></p> | Designed for remote learning, this series of lessons created by the Imagine Neighborhood provides 6 weeks of daily, research-based, family-friendly activities. Students will play, listen, move, and practice mindfulness while learning important social-emotional skills that will help make staying home a little more manageable and a lot more fun. |
| <p><b>Second Step</b><br/><a href="#">4th Grade Lessons</a></p>  | Second Step provides on-demand emotion management lessons for grades K-5, along   |

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| <a href="#">5th Grade Lessons</a>   | with support materials for each lesson. All lessons are free (no login required) and feature Second Step's Committee for Children staff, who also happen to be experienced teachers and school counselors. |
| <a href="#">Worry Coping Cards</a>  | Worksheet with coping skill cards that include kid-friendly descriptions of each technique.  |
| <a href="#">Right now, I am fine</a>  | This is a guided read that focuses on positive feelings in uncertain situations.   |
| <a href="#">I Am Peace, A Book of Mindfulness</a>   | I Am Peace, A Book of Mindfulness by Susan Verde and Peter H. Reynolds - Guided Reading on Mindfulness   |
| <a href="#">Tracing Fingers</a><br><a href="#">Brain Break: Shape Breathing</a><br><a href="#">Story Time Cookie Breathing</a><br><a href="#">Brain Break: Breathing Anchors</a><br><a href="#">10, 9, 8 Calm Is Great</a><br><a href="#">Belly Breathe   Sesame Street</a><br><a href="#">Guided Tree Grounding Meditation for Kids</a><br><a href="#">Grounding Meditation for Kids</a><br><a href="#">Mini Meditation-Let go of Stress</a><br><a href="#">Guided 5 Minute Bodyscan Meditation for Families and Classrooms</a><br><a href="#">Brain Break 5, 4, 3, 2, 1 Grounding Technique</a><br><a href="#">Brain Break: Progressive Muscle Relaxation</a> | Short videos to teach students calming techniques to practice at home when feeling overwhelmed.  |
| <a href="#">21 Days of Mindfulness Bootcamp- Mindful Able and Fy Explain Mindfulness</a>  | 21 days of brief animated guided mindfulness videos.   |
| <a href="#">Counseling Virtual Lessons</a>  | Lessons and activities related to academics, social/emotional and college/career.  |
| <a href="#">"Turn off the News"</a>   | Help Students Process COVID-19 Emotions  |



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|   | <p>With This Lesson Plan</p> <p>“Turn Off the News” Written before the pandemic, “Turn Off the News” is an amazingly timely song that expresses concern, coping, and hopefulness.</p>   |
| <b>Self Care</b>                                  |   |
| <a href="#">Extra Extra Talk All About It</a>     | Short video that encourages children to communicate their feelings to a trusted adult in order to help them feel better   |
| <a href="#">Everyday Mindfulness</a>              | Brief video describing mindfulness.   |
| <a href="#">The Invisible String Read Aloud</a>   | The “Invisible String” is a book read aloud about invisible connections between loved ones.   |
| <a href="#">Gratitude Journal</a>                 | "Three good things" is a gratitude exercise where participants write down three good things from their day, whether big or small. Practicing gratitude regularly has been shown to increase positive emotions and improve well-being. |
| <a href="#">The Gratitude Experiment</a>          | Brief video on practicing gratitude.  |
| <b>Study Skills/Social Skills</b>                 |   |
| <a href="#">Online Learning Tips for Students</a> | Powtoon video about how to be successful with distance learning, including creating a workspace, getting organized, coping with frustration, and keeping balance.   |
| <a href="#">5 Tips to Get Better Grades</a>       | Short one minute video on how to get better grades.   |
| <a href="#">10 Study Tips</a>                     | Short video to improve academic performance.  |
| <a href="#">Self Management</a>                   | A ready made You Tube video focusing on self-management   |

## Middle School (Grades 7-8) Lessons

### Community Building

[Recommendations For Holding A Virtual Community Circle To Build Connection During COVID-19](#)

This fact sheet from The National Child Traumatic Stress Network website discusses virtual community circles and reasons to hold them, includes sample virtual circles, and describes how to facilitate a virtual community circle.

[Good News Network](#)

An opportunity for students to look for and share positive, uplifting news stories and updates.

[Preguntas Restaurativas](#)

This document includes examples of questions or themes to unite the community circle.

### Coping Skills

[5,4,3,2,1... Grounding Technique](#)

A brief animated guided video teaches this skill.

["Turn off the News"](#)

Help Students Process COVID-19 Emotions With This Lesson Plan

“Turn Off the News” Written before the pandemic, “Turn Off the News” is an amazingly timely song that expresses concern, coping, and hopefulness.

[Habilidades de Afrontamiento](#)

Techniques for managing emotions and anxiety. Lesson in Spanish.

### Self Care

[Teen Mindfulness Meditation](#)

Guided Mindfulness Meditation for Teens

[21 Days of Self-Love, Compassion & Gratitude: Meditations for Educators, Adults, & Teens](#)

21 days of animated guided mindfulness, compassion, and gratitude videos.

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| <a href="#">Relaxation Techniques</a>             | <p>This worksheet includes a brief description of the fight-or-flight response and step-by-step instructions on how to use each relaxation technique.</p>  |
| <a href="#">Gratitude Journal</a>                 | <p>"Three good things" is a gratitude exercise where participants write down three good things from their day, whether big or small. Practicing gratitude regularly has been shown to increase positive emotions and improve well-being.</p> |
| <b>Study Skills/Social Skills</b>                 |  |
| <a href="#">5 Tips to Get Better Grades</a>       | <p>Short one minute video on how to get better grades.</p>   |
| <a href="#">10 Study Tips</a>                     | <p>Short video to improve academic performance.</p>  |
| <a href="#">10 consejos para aprender en casa</a> | <p>In this video we give tips for carrying out distance learning or virtual learning.</p>  |
| <a href="#">Normas para clases virtuales</a>      | <p>This video shares norms for virtual classes.</p>  |

# Return To School Lessons

## Re-establishing Routines/SEL in the Classroom


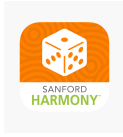
|   |  |
|---|--|
| <a href="#">Preparing to Return to School</a>                                       | Short video on what school may look like when students return to the classroom   |
| <a href="#">When we go back to school [children's song!]</a>                        | Brief song about returning to school and what to expect when students return   |
| <a href="#">Welcome Back to School</a> -Return to School Animation                  | Brief video on returning to school.  |
| <a href="#">Welcome Back to School Video</a>  | Motivational welcome back to school video that can be used for secondary   |
| <a href="#">Back to School   How to Prepare for the 2020 School Year   BrainPOP</a> | Brain Pop video about returning to school in person, continuing remote teaching, or doing a combination of both. Whatever your back-to-school scenario, these tips can set you up for success! |




## Additional Resources

### What if my student needs additional support?




Teachers play a key role in the well-being of students and identifying when students may need additional support. If you suspect that a student needs additional social-emotional support, teachers should consult with specialists (i.e., Administrator, School Psychologist, Counselor, Therapist, RSP teacher, SST/504 Coordinators) to determine next steps such as referring to SST, referring to School Linked Services, referring to Counselor, or referrals to special education.

Teachers can review the follow resources/programs for additional social-emotional learning and behavior supports to use with their students:

|   |  |   |
|---|--|---|
|  |   |    |
| <p><a href="#"><u>OGSD<br/>Teacher Resource Site</u></a></p>                      | <p><a href="#"><u>Second Step</u></a><br/>Teaches skills for resolving conflicts, working with others, forming healthy relationships, and making good decisions.</p> | <p><a href="#"><u>Sanford Harmony</u></a><br/>Available at no cost, Sanford Harmony is a social emotional learning program for Pre-K-6.</p> |

|   |   |   |
|---|---|---|
|                                    |  |  |
| <p><a href="#"><u>No One Eats Alone</u></a><br/>Provides a complete curriculum with activities and lesson plans</p> | <p><a href="#"><u>Near Pod</u></a><br/>Socio-Emotional Learning</p>               | <p><a href="#"><u>CASEL</u></a><br/>Sel Roadmap</p>                                 |

Additionally, teachers can refer parents to the following sites:

|   |   |   |
|---|---|---|
|  |  |  |
| <p><a href="#"><u>Care Solace</u></a></p>   | <p><a href="#"><u>OGSD Mental Health &amp; Wellness</u></a></p>                     | <p><a href="#"><u>OGSD Resources</u></a></p>  |

[Coping Skills for Kids - Exercises, Lessons, Activities](#)

[Upper Elementary and Middle School Check-ins](#)

[Check-in Graphics and Ideas - Pinterest](#)

[Comprehensive Whole Child Development: SEL Tools for In-Person and Distance Learning](#)

[Free Webinars for Mental Health and SEL in Hybrid](#)

[Social-Emotional Learning: Constructs and Practices that Recognize and Support All Students - Video](#)

[Webinar - Creative Expression to Manage Social Emotional Learning - Going Beyond Academics to support strong character development](#)

[Collaborative for Academic, Social, and Emotional Learning - \*\*CASEL CARES\*\*](#)

[Nearpod SEL: Recommended Lessons for Supporting Students](#)

[Reopening Schools with SEL](#)

[Roadmap to Reopening with SEL](#)