

## Websites to Support Students' and Families Social and Emotional Needs

### **Resources for Teachers**

Supporting Students During Covid-19

<https://education.mn.gov/MDE/dse/health/covid19/supstucovid19/MDE032385>

Incorporating Remote Learners into the Classroom

<https://www.understood.org/en/school-learning/for-educators/empathy/5-tips-for-supporting-students-socially-and-emotionally-during-distance>

Social and Emotional Tips and Strategies during Remote Learning

<https://www.cde.ca.gov/ci/se/seldistance.asp>

Website provides Elementary Grade Videos and Lessons for Managing Emotions

<https://www.secondstep.org/covid19support>

Developing a Comprehensive Plan for SEL

<https://schoolguide.casel.org/what-is-sel/what-is-sel/>

Ideas for Special Education Teachers to Incorporate SEL for Special Education Learners

<https://www.edsurge.com/news/2020-06-25-sel-can-help-special-educators-address-rapidly-evolving-remote-learning-requirements>

### **Resources for Teachers and Parents**

Teaching Students Flexibility in the Face of Crisis

<https://www.psychologytoday.com/us/blog/the-inner-life-students/202003/flexibility-in-the-midst-crisis>

Managing Anxiety during Covid-19

<https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

<https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294>

[https://advice.shinetext.com/articles/we-asked-experts-how-to-cope-with-your-coronavirus-anxiety/?utm\\_source=Shine&utm\\_medium=CareForYourCoronavirusAnxiety](https://advice.shinetext.com/articles/we-asked-experts-how-to-cope-with-your-coronavirus-anxiety/?utm_source=Shine&utm_medium=CareForYourCoronavirusAnxiety)

<https://www.virusanxiety.com/take-care>

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

[NAVIGATING THE MENTAL WELLNESS OF YOUR CHILD.docx](#)

[TipsforTalkingtoChildrenCovid19.docx](#)