

***Please visit the Guidance Homepage as well for more resources. There are Social Emotional Slides prepared for children and adolescents.**

CASEL *The Collaborative for Academic, Social, and Emotional Learning (CASEL)* is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students.

COVID-19 and SEL (Social emotional Learning)

<https://drive.google.com/file/d/1HdJPRm8R0LDRQ3JO9NLUvUr0E2qaGH6O/view,/>

Trails To Wellness

<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-everyone.pdf>

Confident Parents Confident Kids A site for parents actively supporting kid's social and emotional development.

<https://confidentparentsconfidentkids.org/2020/03/26/spring-breaking-at-home/>

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

<https://confidentparentsconfidentkids.org/2014/09/25/setting-up-for-homework-success/>

<https://confidentparentsconfidentkids.org/2020/04/28/you-said-survey-results->

[and-the-best-cpck-tools/](#)

11 simple tips for parents to deal with anxiety

<https://confidentparentsconfidentkids.files.wordpress.com/2020/04/screen-shot-2020-03-11-at-2.15.48-pm.png>

The Clay Center for Young Healthy Minds

<https://www.mghclaycenter.org/parenting-concerns/how-to-help-young-people-cope-with-grief-and-loss-during-covid-19/>

Family art project Illuminated Collage

<https://www.mghclaycenter.org/illuminating-mental-health/>

The National Child Traumatic Stress Network

Parent/Caregiver Guide to Helping Families Cope With COVID-19:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Activities for children and adolescents with no screen time:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf

Coping in Hard Times Fact Sheet for High School and College Age

<https://www.nctsn.org/resources/coping-hard-times-fact-sheet-youth-high-school-and-college-age>

HELPING CHILDREN WITH TRAUMATIC SEPARATION OR TRAUMATIC GRIEF

RELATED TO COVID-19:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/helping_children_with_traumatic_separation_or_traumatic_grief_related_to_covid19.pdf

Random Acts of Kindness- Kindness Resources We need to distance ourselves, but that doesn't mean we can't help each other. During difficult times, we often see the most beautiful acts of kindness. If you're home and looking for things to do... <https://www.randomactsofkindness.org/>

PBS.org/PBSKIDSDAILY Sign up for the daily weekday newsletter for activities and tips to use to learn and play at home
<https://www.pbs.org/parents/pbskidsdaily?source=pbskids.org>

Perform Care is a free service to families who are experiencing children with behavioral, mental health or emotional challenges. There are therapists of many different languages available to communicate 24 hours a day, seven days a week. 1-877-652-7624
<http://www.performcarenj.org/index.asp>

2nd Floor Youth Helpline is a confidential and anonymous helpline for New Jersey's youth and young adults. Counselors are available to help find solutions to the problems that are faced by our youth. 1-888-222-2228 <https://www.2ndfloor.org/>

Monmouth County Library Online resources available to support youth's learning at home
<https://monmouthcountylib.org/>