

PK-12 Resources for Remote Teaching and Learning: Health, Wellness, and Social-Emotional Learning

Have you developed or located unique and exciting resources for online learning that would be great to share with colleagues? Let NYKids help!
Send resource ideas and links to nykids@albany.edu.

General COVID-19 Information:

- Center for Disease Control and Prevention (CDC) COVID-19 Information: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- NYS Education Department Coronavirus (COVID-19) Information and Guidance for Schools: <http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices/coronavirus.html>
- NYS Governor's Office Novel Coronavirus (COVID-19) Information: <https://health.ny.gov/diseases/communicable/coronavirus/>
- PBS Parents- How to Talk to Your Kids About Coronavirus: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus> (added 3/19)
- U.S. Department of Education COVID-19 ("Coronavirus") Information and Resources for Schools and School Personnel: <https://www.ed.gov/coronavirus>

Physical Education/Dance:

- P.E. with Joe: The Body Coach T.V.: Work out videos for kids, every weekday at 9:00 a.m. on YouTube : <https://www.youtube.com/user/thebodycoach1/featured>
- Planet Fitness United We Move Free Home "Work Ins": <https://www.facebook.com/planetfitness/>
- Preschool Inspirations- THE BEST KID YOGA VIDEOS: <https://preschoolinspirations.com/kid-yoga-videos/?fbclid=IwAR0esyUvZQ4904qFvmZzOVm2Ty26Yu4HIVOey8gQbWYQKJulzXuWj1EzyX0> SHAPE America (Society of Health and Physical Educators) COVID-19 Resources: <https://www.shapeamerica.org/covid19-resources.aspx>
- Yo Re Mi Kids (App)- Yoga, Music & Mindfulness Inspiration for Kids and Classrooms (Free access available with online request): https://www.yoremikids.com/app?fbclid=IwAR2lsrh4_aXM3rhR44zhcKNvLrPEzmPAxJWQU2S5w81ghz5ucG5wd5ap-W4

Social Emotional Learning & Wellness:

- CASEL CARES (SEL Resources for Districts):
<https://drive.google.com/file/d/1HdJPRm8R0LDRQ3JO9NLuVUr0E2gaGH6O/view>
- Collaborative for Academic, Social, and Emotional Learning (CASEL)- SEL Resources:
<https://drive.google.com/file/d/1HdJPRm8R0LDRQ3JO9NLuVUr0E2gaGH6O/view>
- Edutopia- 7 Guiding Principles for Parents Teaching From Home:
<https://www.edutopia.org/article/7-guiding-principles-parents-teaching-home>
- Greater Good in Education (SEL resources for educators):
<https://ggie.berkeley.edu/>
- Greater Good in Education- Stress Management Resources for Educators:
<https://ggie.berkeley.edu/collection/stress-management-for-educators/>
- Greater Good in Education- SEL and Wellness Resources for Educators & Parents during COVID-19: [https://ggie.berkeley.edu/supporting-learning-and-well-being-during-the-coronavirus-crisis/?utm_source=Greater+Good+Science+Center&utm_campaign=e7dbde7ceb-ED NEWSLETTER MARCH 2020&utm_medium=email&utm_term=0_5ae73e326e-e7dbde7ceb-74280743#tab_2](https://ggie.berkeley.edu/supporting-learning-and-well-being-during-the-coronavirus-crisis/?utm_source=Greater+Good+Science+Center&utm_campaign=e7dbde7ceb-ED%20NEWSLETTER%20MARCH%202020&utm_medium=email&utm_term=0_5ae73e326e-e7dbde7ceb-74280743#tab_2)
- How to Talk to Kids About COVID-19 (Understanding COVID-19 & how germs spread):
 - Spark & Stitch Institute <https://sparkandstitchinstitute.com/talking-to-children-about-coronavirus/>
 - Brains On:
https://www.brainson.org/shows/2020/03/10/understanding-coronavirus-and-how-germs-spread-for-kids?fbclid=IwAR0GWiZOpWVB7pwGQ7HCL5-cC1GvWVHF9eAl-008F8P5GUbiA78Ah_Si27U&eType=EmailBlastContent&eId=716bc38d-eb27-4081-8b1a-287f9d114175
 - Bench Mark Education- Free (for 4 months) to educators- request access to online library of 3,500 e-books in English and Spanish:
https://goto.benchmarkeducation.com/acton/fs/blocks/showLandingPage/a/34723/p/p-0154/t/page/fm/0?utm_source=SB263EB&utm_medium=online-ad&utm_campaign=ASCD&utm_term=march-24-2020
 - NPR- A Comic Exploring the New Coronavirus:
[https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=LPI+Master+List&utm_campaign=5efefb01f7-LPIMC COVID-19-Resources 20200319&utm_medium=email&utm_term=0_7e60dfa1d8-5efefb01f7-74073753](https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=LPI+Master+List&utm_campaign=5efefb01f7-LPIMC%20COVID-19-Resources%20200319&utm_medium=email&utm_term=0_7e60dfa1d8-5efefb01f7-74073753)

- PBS Teachers Lounge- How to Talk to Little Learners About Coronavirus: https://www.pbs.org/education/blog/how-to-talk-to-little-learners-about-coronavirus?utm_source=ptwitter&utm_medium=social&utm_campaign=covid19
- Managing Anxiety Around COVID-19: Webinar & Tips for You and Your School Community: <https://www.rulerapproach.org/managing-anxiety-around-covid-19/>
- Measuring SEL- SEL In An Unplanned Home School Setting: <https://measuringsel.casel.org/sel-in-an-unplanned-home-school-setting/>
- National Association of School Psychologists- Resources to help schools and districts provide supports for students & community: https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources?utm_source=LPI+Master+List&utm_campaign=5efefb01f7-LPIMC_COVID-19-Resources_20200319&utm_medium=email&utm_term=0_7e60dfa1d8-5efefb01f7-74073753
- PBS for Parents: How You and Your Kids Can De-Stress During Coronavirus: <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- PBS Teachers' Lounge- How to Talk to Little Learners About Coronavirus: https://www.pbs.org/education/blog/how-to-talk-to-little-learners-about-coronavirus?utm_source=ptwitter&utm_medium=social&utm_campaign=covid19
- Sanford Harmony- PK-6 SEL Program & Resources: https://online.sanfordharmony.org/?utm_source=LPI+Master+List&utm_campaign=5efefb01f7-LPIMC_COVID-19-Resources_20200319&utm_medium=email&utm_term=0_7e60dfa1d8-5efefb01f7-74073753
- Schoology-Online Learning Platform & Distance Learning Tool-Kit for Educators: <https://www.schoology.com/>
- Sesame Street Caring For Each Other- SEL/Wellness/Mental Health Tool-Kit and Learning Support for Children and Families (including online videos and online/offline activities): https://www.sesamestreet.org/caring?utm_source=yff&utm_medium=email&utm_campaign=2020_0324_SW_OurMission&utm_content=text
- Sesame Street in Communities: <https://sesamestreetincommunities.org/topics/>
- Specific Resources for Talking with Children about COVID-19, accessed from <https://www.rulerapproach.org/managing-anxiety-around-covid-19/>
 - Coping with Stress During Infectious Disease Outbreaks (Substance Abuse and Mental Health Services Administration (SAMHSA)):

- <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- Social Emotional & Learning and Character Education Resources for Families: <https://www.gcsnc.com/Page/6417>
 - Talking to Children About COVID-19 (Coronavirus): A Parent Resource: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
 - Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks: <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>
 - Yale Center for Emotional Intelligence – Free E-Learning Tools for Educators Transitioning to Distance Education: http://www.rulerapproach.org/wp-content/uploads/2020/03/eLearning_Tools_Distance_Education.pdf
 - Yale Center for Emotional Intelligence- Webinar Series: Using Emotional Intelligence to Combat COVID-19 Anxiety: <https://news.yale.edu/2020/03/24/yale-webinars-using-emotional-intelligence-combat-covid-19-anxiety>