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COVID-19 SEL and Mental Health Resources
All Audience Resource:



Resource Name:	Description:	Organization:
<u>Youth Mobile Crisis Response</u>	A free resource for families and youth of any age who are experiencing a behavioral health crisis anywhere in Nebraska.	Nebraska Department of Behavioral Health
<u>ESU 7 Mental Health Resources</u>	Mental health and behavioral wellbeing during COVID-19	ESU 7
<u>Taking Care of Your Mental Health</u>	It's important to note that we are not helpless in light of current news events. We can always choose our response. Tips for individuals who might be struggling and some tips to take care of your mental health.	American Foundation for Suicide Prevention
<u>SEL and Self-Care Resources for Educators, Schools, and Parents Related to COVID-19</u>	During this time, it's critical for us—as school leaders, educators, and parents—to focus on our own social-emotional wellbeing as we look to support the social-emotional development of our students at home.	Panorama
<u>Building Developmental Relationships During the COVID-19 Crisis</u>	When young people experience developmental relationships with parents, educators, youth program staff, and other adults their outcomes are better, their risk behaviors are lower, and they are more likely to be on the path to thrive in life. Staff in schools and youth programs do not need to and should not stop seeking to build developmental relationships with young people while they are at home during the nation's response to the COVID-19 crisis.	Search Institute



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<p><u>Dealing with COVID-19- SEL Considerations</u></p>	<p>Compared to adults, children are more vulnerable to the emotional impact of traumatic events that disrupt their daily lives. This resource offers information on supporting and protecting children’s emotional well-being as the COVID-19 public health crisis unfolds.</p>	<p>Child Trends</p>
<p><u>Coronavirus Disease 2019 (COVID-19) - Manage Anxiety and Stress</u></p>	<p>The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.</p>	<p>CDC</p>
<p><u>Time to Breathe</u></p>	<p>Mindfulness minute video focused on breathing to manage stress and anxiety.</p>	<p>Move this World</p>
<p><u>Self-Management Toolkit</u></p>	<p>Knowing and being able to use self-management strategies can make a huge difference in a child’s ability to focus and learn both within and beyond the classroom. This toolkit provides helpful resources for improving self-management skills.</p>	<p>Transforming Education</p>
<p><u>National On-line Safety- Summary of Social Media Platforms</u></p>	<p>A guide to help teachers and parents consider the positive and negative elements of various social media platforms.</p>	<p>National On-Line Safety</p>
<p><u>Brene Brown on Empathy</u> (you tube) <u>Podcast: Wellbeing during COVID-19</u></p>	<p>Explaining the important difference between empathy and sympathy. Pod-cast on wellbeing and making through this difficult time dealing with COVID-19.</p>	<p>Brene Brown</p>



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<u>CATCH- Health at Home (Teachers and Parents)</u>	As America and the world faces the enormous challenges of the COVID-19 pandemic, teachers and parents are answering the call to meet the needs of their students in new and creative ways with very little time to prepare. CATCH Global Foundation assembled these lessons and resources to help continue to provide health education, nutrition education and physical activity instruction to their students remotely.	CATCH Foundation
<u>The BHECN Serenity Project</u>	Free virtual mindfulness and meditation sessions.	BHECN
<u>Panorama- Daily Learning</u>	Free virtual learning to support SEL and mindfulness.	Panorama

Teacher SEL Resources:

<i>Resource Name:</i>	<i>Description:</i>	<i>Organization:</i>
<ol style="list-style-type: none"> <u>Teacher SEL Resources</u> <u>Stress Management Toolkit</u> 	Supporting the social and emotional well-being and resilience of teachers and staff is critical for creating a positive school climate and retaining quality educators. Wellness programs in schools build a culture of health that can benefit everyone in the school community.	Kaiser Permanente
<u>Mindfulness Toolkit for Teachers</u>	This free toolkit provides educators with a variety of resources and strategies to support the development of mindfulness.	Transforming Education
<u>7 Videos to help Educators Practice Mindfulness and De-Stress</u>	Watch these seven short videos to learn about the many benefits of mindfulness and techniques to practice it throughout the day.	Aperture Education
<u>Educator's Guide to Optimistic Thinking</u>	The importance of having a sense of optimism and hope for the future is well established in the resilience literature as a key protective factor for individuals of all ages. These skills and mindsets help enable us to overcome the risk, adversity, or	Aperture Education



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	change we inevitably face throughout our lives and during this trying time.	
<u>Thriving Schools: RISE program</u>	Kaiser Permanente Thriving Schools developed Resilience in School Environments, or RISE, to empower schools to create safe and supportive learning environments by cultivating practices that strengthen the social and emotional health of all school employees and students.	Alliance for Healthier Generations, Kaiser Foundation
<u>Essential Digital Citizenship Lessons for the Coronavirus Pandemic</u> <u>Spanish Resources</u>	Support the transition to virtual learning and help students think critically and compassionately about what they see online.	Common Sense Media
<u>ASCD Resources for Schools- COVID-19 and SEL</u>	Information about some of the policy implications and questions you may have regarding lengthy school closures, some resources and tips for online learning, and other things school leaders should consider during this challenging time.	ASCD
<u>Leading Schools During COVID-19</u>	School safety and health are paramount during these uncertain times. As schools formulate plans to respond to the spread of the coronavirus and monitor developments, we've compiled a selection of firsthand guidance from school leaders and health and safety experts to help educators coordinate initiatives and attend to school well-being issues.	ASCD
<u>Systems of Care Resources</u>	Mental health is an important part of overall wellness and behavioral health issues can happen to anyone. When children, families, and individuals struggle with mental health concerns, finding solutions is complicated and often involves many professionals and agencies. Nebraska's System of Care (NeSOC) provides a new approach to address this problem.	BHECN
<u>7 Ways to Maintain Relationships During School Closure</u>	How should educators foster that sense of belonging in this new, decentralized world—with teachers and students tethered loosely together via Wi-Fi and cellular networks?	Edutopia



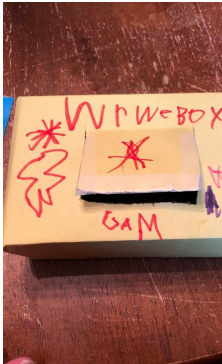
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Classroom Resources- By Grade Level

<i>Name of Resource:</i>	<i>Description:</i>	<i>Grade:</i>
<u>Early Childhood and COVID</u>	Information and resources to help people during the COVID-19 crisis. There is a general information page and an additional page with specific information for child care providers, child care business owners and employees.	Pre-K/Early Childhood
<u>Monthly Health Activity Calendar</u>	Daily tips on ways to increase health and well-being. SHAPE America	Pre-K/Early Childhood
<u>PE and Health Take Home Packet</u>	Daily tips on ways to increase health and well-being. SHAPE America	Elementary Students
<u>Supporting SEL through Active Movement</u>	In partnership with teachers, principals, and parents, we build a culture of play that enables kids to feel a real sense of belonging and have the opportunity to contribute on the playground, in the classroom, and into their communities. Play Works	Elementary Students
<u>16 SEL Activities</u>	From reading, writing, and arithmetic, social and emotional learning (SEL) can be woven into nearly any subject.	Elementary Students
<u>Reduce Student Anxiety (and Your Own) During Uncertain Times</u>	Given the uncertainty we're all experiencing due to the coronavirus outbreak, it's not easy to "keep calm and carry on," as teachers are expected to do. Most are preparing for (or already experiencing) a school closure. And students are worried as they try to make sense of the quickly changing situation.	Middle School Students
<u>In the Defense of Food</u>	Designed to help adolescents develop something valuable: practical tools for healthier eating, it helps students learn why it is important to eat healthfully, investigate how food	Middle/HS Students



	<p>companies influence their food choices, and create action plans for changing their eating habits.</p>	
<p><u>Art Therapy for Kids of All Ages</u></p>	<p>Given the uncertainty we're all experiencing due to the coronavirus outbreak, it's not easy to "keep calm and carry on," as teachers are expected to do. Most are preparing for (or already experiencing) a school closure. And students are worried as they try to make sense of the quickly changing situation. Positive Psychology</p>	<p>All Ages</p>
<p><u>Student Activities:</u></p>		
<p>Student Activity #3: Worry Box: SEL: Self-Awareness, Self-Management, Social Awareness, Relationship Skills</p> 	<p>COVID-19 and all the fear that goes with it have created worries for us all. Round up some empty boxes and invite your people to each make a worry box. Or, work together to make one that you will all share. It can be decorated in any way. Then, on paper of any size or kind, kids and adults can write or draw about worries and put them in the box where they can, well, be worried about. While this won't erase all worries, sometimes having a place to put them that is outside of ourselves can give us a break from carrying and focusing on them. Another idea is to pull out one worry later (then another at a different time). Discuss how to help one another with each one. Or, simply notice if it's still a worry. If it is, put it back in the box for safe keeping. If it's not, get rid of it.</p>	<p>Elementary</p>



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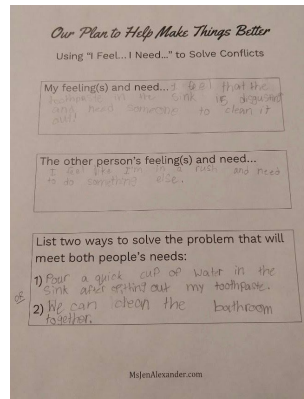
<p>Student Activity #4:</p> <p><i>I feel... I need...</i></p> <p>Discussion</p> <p>SEL Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills</p>	<p>Next time you connect on this topic, consider using the <i>I feel... I need...</i> format described below as one of my applications of Dr. Daniel Siegel's <i>Name It To Tame It</i> strategy. Let each person share what they feel using emotional vocabulary words (e.g., happy, excited, sad, upset, mad, irritated, scared, worried, sorry, guilty, or proud, etc.).</p> <p>Download handout here.</p> <p>Also, ask them to say what they need. Consider what would help things to stay the same (if feelings are comfortable), make things better (by focusing on what's within your control), or at least, what might be soothing (if feelings are uncomfortable).</p>	
<p>Student Activity #7:</p> <p>What's Staying the Same for Us?</p> <p>Discussion</p>	<p>We can use <i>I feel... I need...</i> to help us focus on positives too. SEL Competencies: Social Awareness, Relationship Skills</p> <p>Download handout here.</p>	<p>Middle School</p>



Student Activity
#10: Conflict Resolution Plan-Worksheet

SEL Competencies:
Self-Awareness,
Self-Management,
Social Awareness,
Relationship Skills,
Responsible
Decision-Making

No matter how much teaching and practice are in place, conflicts are going to escalate into unhelpful behaviors sometimes. When that happens, help separate the people with *big feelings* for a bit so that everybody can be safe and feel safe. Later, and once better regulated, ask those who were directly involved in the conflict to work together to talk out and even write down a plan for moving forward. I created the plan linked above to help you help kiddos resolve conflicts in ways that honor others.



<https://msjenalexander>

Middle School

Student Activity
#11: What Went Well Today?

[Ms. Jen's What Went Well Today](#)
Page **DOWNLOAD**

End one or more days with a chat about *What Went Well* today. Encourage each person who shares to list something specific they did to help that part of the day go well (e.g., I waited my turn to get ready in the bathroom without grumbling or griping and that helped our morning be more fun). On the toughest days, if the only thing you did well was breathe, that's enough so own it!

High School



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	<p>https://msjenalexander</p> <p>APPENDIX 27 What Went Well</p> <hr/> <p>Directions: Think of three things that went well for you today. Write them down. Pick your favorite one. Put a star or other symbol beside that one. Then, write about why you think that went well.</p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____</p>	
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Parent Resources:

<i>Name of Resource:</i>	<i>Description:</i>	<i>Organization:</i>
<p><u>COVID-19 New-What to Do When it's too Much</u></p>	<p>As the COVID-19 virus quickly spreads across the globe, information and updates about the virus are traveling just as fast. From scientific information, to policy opinions, petitions, memes, videos, and misinformation, checking your phone today can feel like facing a firehose of information.</p>	<p>Spark & Stitch Institute</p>
<p><u>How to Talk to Kids and Teens About the Coronavirus</u></p>	<p>Tips on how to talk with your children about hand-washing, COVID-19 and what might happen next.</p>	<p>Spark & Stitch Institute</p>
<p><u>ESU 5 Parenting Tips</u></p>	<p>Parent checklist for supporting behavioral health during COVID-19</p>	<p>ESU 5</p>



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<p><u>How to Keep Kids Learning When Your at Home</u></p> <p>- <u>Spanish Link At-home Learning Resources and Lessons</u></p>	<p>Manage your expectations. Your kids will not be learning at the same pace or breadth as a usual school day. Figure two to three hours a day to start. Don't stress too much about this.</p> <p>We hope that Wide Open School helps make learning from home an experience that inspires kids, supports teachers, relieves families, and restores community.</p>	<p>Common Sense Media</p> <p>Wide Open Schools</p>
<p><u>NDE- Planning Structure for Learning at Home</u></p>	<p>Scheduling is something that helps us to establish a sense of comfort and order through routine. Families can plan together a daily schedule that represents household needs, learning time, and personal needs, allowing student voice and choice in the process by using the following guide.</p>	<p>Nebraska Department of Education</p>
<p><u>Growth Mindset Toolkit for Parents</u></p>	<p>Children with a growth mindset believe that ability can change as a result of effort, perseverance, and practice (“Math is hard, but if I keep trying, I can get better at it.”). Children with a growth mindset see mistakes as ways to learn, embrace challenges, and persist in the face of setbacks.</p>	<p>Transforming Education</p>
<p><u>Family Emotional Safety Plan For Learning at Home</u></p>	<p>Other than frequently and empathetically checking in with your kids, what else can you do to support their well-being and maintain a sense of normalcy while they’re out of school (and while you’re attempting to work from home)? Here is a list of ideas to consider for your family</p>	<p>Confident Parents, Confident Kids</p>
<p><u>Common Sense Media- journal apps and on-line diaries</u></p>	<p>Scrapbooks, pictures, and home videos may be the traditional way to preserve and share summer memories, but if you've got a smartphone or tablet, you can use it -- along with some cool websites -- to document everything from lazy days to family road trips. With a little creativity, you can turn your family memories into a comic book, a movie,</p>	<p>Common Sense Media</p>



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	a digital scrapbook, and more.	
<u>5 Tips to Help Families Teach Social Emotional Learning</u>	The best results occur when schools and families work together to create an SEL framework that extends beyond the classroom. Help parents foster their children's social and emotional growth by sharing these tips for developing social and emotional skills at home.	Aperture Education
<u>Parent SEL Toolkit</u> <u>Parent SEL Toolkit in Spanish</u>	A variety of resources to help support families learn more about the importance of social-emotional learning.	
<u>GoNoodle. Good Energy at Home</u>	A free online resource for our community. It's a new way for families to stay active and spark good energy at home together: including movement videos, printable downloads, and offline activities - with new resources posted every week. Parents can sign up at for regular updates, resources and brain breaks to support at-home learning. #GoodEnergy	GoNoodle
<u>Native American resources for COVID</u>	What Tribal members need to know about COVID-19.	John Hopkins
<u>Wheel of Emotions</u>	Help your kids learn to identify their feelings with this emotion wheel	Defend Innocents