

Wellness Information, Enrichment, and Social Emotional Activities

During the school closures, families may want additional ways to support their child's enrichment, imagination, and wellness. Below is a list of resources to help support you and your students.

Table of Contents:

Page 1: Specific school recommendations to support the social emotional lessons that were in progress at the time of school closures

Page 2-3: All age groups

Page 4-5: Elementary

Page 6-7: Secondary/Teens

Social Emotional Curriculum	School Site
The Zones of Regulation: Distance Learning	Discovery Elementary Knob Hill Elementary La Costa Meadows Paloma Elementary Richland Elementary San Elijo Elementary San Marcos Elementary
Second Step Go to "Create Account" Access videos, worksheets, songs, and activities by registering the activation key below: <ul style="list-style-type: none"> ● PreK Activation Key: SSPEFAMILY68 ● Kinder Activation Key: SSPKFAMILY70 ● 1st Gr Activation Key: SSP1FAMILY71 ● 2nd Gr Activation Key: SSP2FAMILY72 ● 3rd Gr Activation Key: SSP3FAMILY73 ● 4th Gr Activation Key: SSP4FAMILY74 ● 5th Gr Activation Key: SSP5FAMILY75 Emotional Intelligence Podcast The Imagine Neighborhood	Carrillo Elementary Discovery Elementary Double Peak Joli Ann Leichtag Elementary Knob Hill Elementary La Costa Meadows La Mirada Academy Paloma Elementary Richland Elementary San Elijo Elementary San Marcos Elementary Twin Oaks Elementary
Character Lab	Carrillo Elementary
Leader in Me: 7 Habits activities for families	Double Peak Joli Ann Leichtag Elementary

ALL GRADE LEVELS:

General Activities:

Entertainment/Media:

- [KPBS programming](#)
- [List of Live Webcams, Virtual Tours, and Virtual Field Trips](#)
- [Scholastic Learn at Home Free Resources](#)
- [Smithsonian Distance Learning Resources](#)
- [Entertainment Resources for families who are home bound by Common Sense Media](#)
- [Audible Stories](#) Spanish, French, German, Italian and Japanese

Mindfulness Videos:

- [Stop, Breathe, Think Mindfulness](#)
- [Mindfulness_Being in the present](#)
- [Go Noodle Movement & Mindfulness](#)
- [GoZen Mindfulness & Overcoming Challenges](#)
- [Mind Yeti Mindfulness scripts](#)
- [Flipping Your Lid](#) Understanding big emotions (fight, flight, and freeze response)

Mindfulness Apps: (may offer limited free services or temporary no-cost access):

- [Headspace](#) Spanish, French, German, Portugese
- [Calm.com](#) Spanish, French, German, Portugese
- [Moodtools](#)
- [Virtual Hope Box](#) Spanish, German, Japanese, Polish, and Simplified Chinese
- [Breathe](#)
- [Reflectly](#)
- [Aura](#)
- [UCLA Mindful App](#)
- [Insight Timer](#) more languages in settings

Behavior

- [Management - Empowering parents](#)

Lessons

- [Daily SEL Lessons](#)

General Information and Tips:

- [Raising Kids Who Thrive](#) by KPBS. Includes articles and activities
- [How To Support Social & Emotional Development](#) by NBC News Learn, Strategies to support your child's social and emotional development
- [Social Emotional Learning and Self-Care Resources Related to COVID-19](#). Includes self-care tips, resources, app/video recommendations and more

- [Common Sense Media](#) Includes reviews and lists for entertainment and tech as well as parenting articles and videos, or advice by age range (such as how to keep your kids busy while at home).
- [Kids Health](#) Advice for families and students regarding health, behavior and growth.
- [School-Home Curriculum For Early Education](#)
- [Confident Parents Confident Kids](#)

Online Wellness Classes:

- [Outschool - Free Classes for Families Affected by U.S. School Closures](#)
Access to 10,000 small group video chat classes about various subjects, including health, wellness, social, emotional, and life skills, created and taught by inspiring teachers.

Worksheets/Coloring Pages/Printables

- [Mandala Coloring Pages](#) Various languages available at the bottom of website
- [Make Beliefs Comix](#) printables for students to express their thoughts. [Spanish](#), [French](#), [Russian](#), [Chinese](#), [German](#), [Arabic](#)
- [Emotional Regulation by "Make It Stick Parenting"](#)
Developing children's social-emotional and behavioral self-regulation through everyday activities at home. Short free three-video series on how to set the stage for a more calm, supportive home environment during school closures. Includes free downloadable PDFs.
- [Overcoming Obstacles](#)
Curriculum to develop critical social and emotional skills, communication, making informed decisions, how to set and achieve goals, resolve conflicts, solve problems, respect one another, and more.

ELEMENTARY

General Information and Tips:

- [Explaining Coronavirus to Children 7 and Younger](#) short book to support and reassure children, under the age of 7, regarding the COVID-19. Discusses the full range of emotions arising from the current situation.

Social-Emotional:

Worksheets/Coloring Pages/Printables:

- Teachers Pay Teachers Website
 - [Choice Boards](#) about self-awareness, self management, social awareness, and decision-making.
 - [Kindness](#)
- [Social Skills at Home Part 1.pdf](#)
- [Mindfulness exercises, Therapist Aid](#)
- [Coping After A Disaster](#) The Centers for Disease Control and Prevention has created this activity book to offer parents and educators an interactive way to talk to kids about how to cope after a disaster. ([Other Ready Wrigley Books](#))

Podcasts and Activities:

- [Emotional Intelligence Podcast | The Imagine Neighborhood](#)
Based on "Second Step" curriculum used in many of our elementary schools. Designed to help children and their grown ups grow their social-emotional skills.
- [Leader in Me: 7 Habits activities for families](#)

Games:

- [Centervention](#) Game-based interventions that focus on improving social and emotional skills in K-8 students.
- [Activities to Promote Self-Regulation](#)

Character:

- [Camp Kindness Counts](#) Through UC Berkeley's Greater Good Science Center, Camp Kindness Counts provides research-informed resources to raise kind, resilient kids. Programming aims includes character development, social emotional well-being and community development.
- [Random Acts of Kindness](#) Download a book with various random acts of kindness activities to be done in your home & neighborhood, writing prompts, self-care activities and fun coloring pages too.

Movement:

- [Cosmic Kids Yoga](#) has free yoga resources for young children.
- [Go Noodle](#) features short videos to get kids moving and mindfulness videos as well.

General Activities:

- [Activity Village](#)
Coloring pages, crafts, puzzles, worksheets and more.
- [Encourage Play](#)
Play ideas for home. Has physical and online ideas on how to use play to encourage learning.

Videos:

- Sesame Street Videos: [Empathy](#)
[Belly Breathing](#)
[Growth Mindset](#)
[Focusing](#)
- Inside Out: [Guessing the Feeling](#)

Secondary/Teens:

Worksheets/Coloring Pages/Printables:

- [Keep your mind grounded](#)
- [Self Care for Teens](#)
- **Therapist aid Resources:**
 - [Healthy vs. Unhealthy Coping Strategies](#)
 - [Coping Skills for Anxiety](#)
 - [Social Support](#)
 - [Mindfulness Meditation](#)
 - [Relaxation Techniques](#)
 - [Deep Breathing](#)

Videos:

- **Mindfulness**
 - [Deep Breathing Exercise \(Video\)](#)
 - [Progressive Muscle Relaxation Exercise \(Video\)](#)
- **Social Emotional Tools**
 - [Social Emotional Learning](#): Providing animated videos about a range of topics (empathy, coping etc.) and activities. Go to School at Home tab. Parents should preview videos first or watch with your teen.

Movement:

- **Workout You Tube Videos selected by SMHS teacher Mrs. Nelson (PE/World Languages)**
 - [Intense at Home HIIT Routine - No Equipment HIIT Workout Video \(With Low Impact Modifications\)](#) 38 minutes
 - [Fitness Blender Blend: Bodyweight-Only, Fat-Burning HIIT Cardio Workout + Total Body Toning](#) 31 minutes
 - [Home Cardio Workout with No Equipment](#) 32 minutes
 - [Kickboxing](#) 35 minutes
 - [Free Weights Workout](#) 36 minutes
 - [Total Body Strength Workout for People who get Bored Easily](#) 35 minutes
 - [Power Yoga For a Sculpted Core](#) 30 minutes
 - [Power Yoga Flow](#) 30 minutes
 - [Dance Workout, Zumba | Class FitSugar](#) 30 minutes
 - [Dance Workout, Hip-Hop](#) 30 minutes
 - [Pure Joy Yoga, Cardio, & Meditation Session](#) 35 minutes
- **Workout YouTube Videos selected by MHHS teacher Ms. Archibald (Yoga/Metalsmithing)**
 - [Sun Salutations by Ms. Archibald](#) 4:43 minutes
 - [Hatha Yoga for Beginners](#) 20 minutes
 - [Beginner Friendly Vinyasa Flow](#) 40 minutes
 - [Restorative Yoga Flow- all levels](#) 35 minutes

Student Self-Care Tips

FOR VIRTUAL LEARNING

Set "school" hours- It is easy to get distracted when school takes place at home. Set a time everyday that you will dedicate to your assignments. Make sure to remove any distractions, including access to your social media accounts .

Have a dedicated workspace- Having a designated workspace signals to your brain that it is time to work on assignments and then time to end schoolwork when you leave this area. This can be any small space where you keep your school materials and computer.

Have a routine & write it down- Know your school's expectations for logins and submitting assignments. Keep your routine similar to what you are used to. For example, get up, shower, and get ready for your day.

Take breaks during your day- Make sure to step away from your school work during lunch or snacks. Add breaks for movement, mindfulness and healthy activities. Your brain needs time to relax and recharge.

Intentionally end your day- This signals to your brain that "work" is done for the day. Try stretching or running in place to give your brain the needed signal.

Practice gratitude- Studies show that practicing gratitude can actually change the brain to focus on the positive and help you feel more at ease in times of stress or uncertainty. Intentionally think of 3 things you are grateful for each day. Share them with your family or a friend.

Practice healthy activities- Team together with those in your home to try new games, projects, indoor/outdoor activities.

Check in with a positive friend & others- Reach out to someone each day to have a non-school related conversation.

Get enough sleep- Schooling from home can impact your sleep patterns. Be sure you are getting enough rest (8-10 hours of sleep recommended). If you have trouble sleeping, there are free apps and podcasts that can help (Calm, Breathe, Headspace, etc.)

