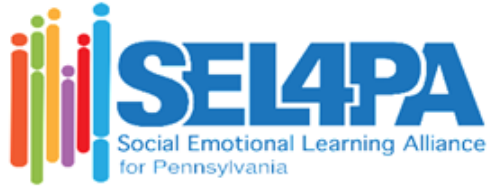


SEL Support Resources during COVID-19 Outbreak
 Provided by members of SEL4PA (www.SEL4PA.org)



In an effort to provide social and emotional support during this difficult time, SEL4PA has compiled the following list of available resources. Resources have been vetted and provided by current SEL4PA members. While SEL4PA does not promote or advertise specific organizations, we offer the following free resources for your review.

Source	Link
American Psychological Association	Five Ways to View Coverage of the Coronavirus
Centers for Disease Control and Prevention	COVID-19 – Managing Anxiety and Stress
National Child Traumatic Stress Network	Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019
CASEL	https://casel.org/covid-resources/
SEL4US – Includes multiple sources	SEL and Mental Health Resources for COVID-19
University of Pittsburgh Office of Child Development – Includes multiple sources	COVID-19 Resources for Children, Parents, and Families
Second Step	COVID-19 Response: Free Program Resources
rethink Ed	https://go.rethinkfirst.com/rethink-covid19
Ready Rosie	https://healthyathome.readyrosie.com/en/
evolvingsolutions Webinar: Learning to ACT with Psychological Flexibility with the Pandemic: Putting SEL to Work (registration required)	Webinar for March 27, 2020 at 10:00 a.m.
Conscious Discipline	https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/
WE integrated yoga sessions (registration required)	https://www.weintegrated.org/yoga .
PATHS - journal for students (not SEL program-specific)	My Feelings Journal