

## **SEL Support Resources during COVID-19 Outbreak**

Provided by members of SEL4PA ([www.SEL4PA.org](http://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	<a href="#">Five Ways to View Coverage of the Coronavirus</a>
Centers for Disease Control and Prevention	<a href="#">COVID-19 – Managing Anxiety and Stress</a>
National Child Traumatic Stress Network	<a href="#">Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019</a>
CASEL	<a href="https://casel.org/covid-resources/">https://casel.org/covid-resources/</a>
SEL4US – Includes multiple sources	<a href="#">SEL and Mental Health Resources for COVID-19</a>
University of Pittsburgh Office of Child Development – Includes multiple sources	<a href="#">COVID-19 Resources for Children, Parents, and Families</a>
Second Step	<a href="#">COVID-19 Response: Free Program Resources</a>
rethink Ed	<a href="https://go.rethinkfirst.com/rethink-covid19">https://go.rethinkfirst.com/rethink-covid19</a>
Ready Rosie	<a href="https://healthyathome.readyrosie.com/en/">https://healthyathome.readyrosie.com/en/</a>
evolvingsolutions Webinar: Learning to ACT with Psychological Flexibility with the Pandemic: Putting SEL to Work (registration required)	<a href="#">Webinar for March 27, 2020 at 10:00 a.m.</a>
Conscious Discipline	<a href="https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/">https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/</a>
WE integrated yoga sessions (registration required)	<a href="https://www.weintegrated.org/yoga">https://www.weintegrated.org/yoga</a>
PATHS - journal for students (not SEL program-specific)	<a href="#">My Feelings Journal</a>