

# Social-Emotional Learning Resources: K-5

The Division of School Climate and Wellness is committed to supporting all school-based staff with Social-Emotional Learning resources as you engage in remote learning with your students. This document outlines developmentally appropriate resources, organized by resource type.

## Content

- Sanford Harmony
  - [Sanford Harmony Info Sheet](#)
  - [Sanford Harmony Website](#)
- Yale Ruler
  - [RULER Online](#)
  - [Yale Center for Emotional Intelligence](#)
  - [Ruler Resource Guide for Remote SETTS Providers](#)
- Restorative Practice
  - [NYC DOE](#)
- School Website Examples
  - [PS 29 Bengals](#)
- Family Connections RULER lessons for K-5 along with a lesson in Spanish:
  - [Kindergarten](#)
  - [First grade](#)
  - [Second grade](#)
  - [Third grade](#)
  - [Fourth grade](#)
  - [Fifth grade](#)
  - [Spanish](#)

## Articles Resources for Elementary Schools

- [RULER](#)
- [Sanford Harmony](#)
- [Talking to Children About COVID-19 \(NASP\)](#)
- [How to Teach Kids about Their Feelings: Early Childhood](#)
- [How to Talk to Your Kids About Coronavirus: Early Childhood](#)
- [Coping with Stress](#)
- [Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic \(Confident Parents, Confident Kids\)](#)
- [Talking to Children About COVID-19\(Coronavirus\): A Parent Resource \(National Association of School Psychologists\)](#)

- [Helping Children Cope](#) pgs 4 & 5 ([in Chinese](#) and [in spanish](#)) (National Child Traumatic Stress Network)
- [Age-Related Reactions to a Traumatic Event](#) (National Child Traumatic Stress Network)
- [Talking to Kids About the Coronavirus](#) (Child Mind Institute)
- [Taking Care of Your Mental Health When Facing Uncertainty](#) (American Foundation for the Prevention of Suicide)
- [Mental Health Considerations during COVID-19 Outbreak](#) (World Health Organization)
- [Coronavirus Disease 2019 \(COVID-19\): Manage Anxiety and Stress](#) (Center for Disease Control and Prevention)

## Video Resources for Elementary Schools:

- [RULER](#)
- [Sanford Harmony](#)
- Webinar: [Managing Anxiety Around COVID-19](#)
- [Songs about Emotions](#)
- [Thinking about your thinking](#)
- [Controlling Emotions for Kids](#)
- [Why do we lose control?](#)
- [Habits of Mind](#)

## Platforms/Apps for Elementary Schools:

- [Circles: The poem, Yes by William Stafford with Reflection questions](#)
- [Khan Lab School SEL Practices](#)
- [Soar with Wings, SEL Virtual Field Trips](#)
- [Ruler E-Learning Platform](#)
- Sanford Harmony: Weekly Plans & supporting Sanford Harmony resources are located in the TeachHUB Social-Emotional Learning folder
- [eLearning Tools](#) (YALE)