Social-Emotional Learning Resources: Middle & High School

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
- Diversity, Equity and Inclusion
  - Speaking Up Against Racism Around the New Coronavirus (via Teaching Tolerance)
  - Coronavirus: Countering Biased Responses (via Morningside Center)
  - The Coronavirus Surfaces Fear, Stereotypes and Scapegoating (via Anti-Defamation League)

Articles Resources for Middle and High Schools

- RULER
- Sanford Harmony
- Talking to Children About COVID-19 (NASP)
- Coping with Stress
- Supporting your Children’s Social, Emotional, and Mental Health During the COVID-19 Pandemic (Confident Parents, Confident Kids)
- 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 Middle and High Schools**

- **RULER**
- **Sanford Harmony**
- Webinar: Managing Anxiety Around COVID-19
- Health Affirmations: [https://www.youtube.com/watch?v=w4Mdjubef0s](https://www.youtube.com/watch?v=w4Mdjubef0s)
- Anti-Anxiety Meditation
- Creating Story Circles (August Wilson’s Uprise DVD)
- Kreative Leadership -YouTube Channel
- Emotional Intelligence from a Teenage Perspective (TED Talk)

**Platforms/Apps for Middle and High Schools**

- **Ruler E-Learning Platform**
- Sanford Harmony
- eLearning Tools (YALE)
- Flocabulary SEL lessons
- At-home SEL strategies: Middle School
- At-home SEL strategies: High School
- At-home SEL activities/mini lessons
- RZA, from Wu Tang does guided meditations
- Creating Story Circles (August Wilson’s Uprise DVD)
- Meditation for Beginners (includes links to apps, Calm and Insight Timer)
- Mood Meter App (Yale Center for Emotional Intelligence)
- Mindfulness Apps for Teens (Mindfulness for Teens)