

## Social-Emotional Wellness During COVID-19: Caring for Ourselves and One Another Parent & Family Resource

The New York City Department of Education cares deeply about the social-emotional health and wellbeing of NYCDOE’s children and families. We recognize that the sharing of information about COVID-19, and the resulting school closures, will have a significant impact on each of us. Increased stress and anxiety are common responses to the coronavirus outbreak. The resources below can support you and your family through this challenging time. In addition to resources for stress management, there are helpful strategies and resources for proactively developing your child’s social and emotional skills.

### Strategies for Talking to Your Kids About COVID-19

- [Talking to Children About COVID-19\(Coronavirus\): A Parent Resource](#) (National Association of School Psychologists): *Available in multiple languages*
- [Talking to Kids About the Coronavirus](#) (Child Mind Institute)
- [How to Talk to Your Kids About Coronavirus: Early Childhood](#) (Pbs.org)
- [Just for Kids: A Comic Exploring the New Coronavirus](#) (NPR)
- [Talking to Teens and Tweens About Coronavirus](#) (New York Times)

### Resources for Coping with Stress & Anxiety

- [SEL Resources for Parents](#) (Collabortive for Academic & Social-Emotional Learning)
- [How Mindfulness Can Help during COVID-19](#) (Child Mind Institute)
- [Helping Children Cope](#) pgs 4 & 5 (National Child Traumatic Stress Network)
- [Meditation Apps for Kids](#)
- [Coronavirus \(COVID-19\) Resources for School Communities](#) (Yale Center for Emotional Intelligence)

### At-Home Strategies to Promote Social-Emotional Wellness

Early Childhood (3K-PreK)	Elementary School (K-5)	Middle School (6-8)	High School (9-12)
<ul style="list-style-type: none"> <li>● <a href="#">At-Home SEL Strategies: Early Childhood</a></li> <li>● <a href="#">Sesame Street Name that Emotion</a></li> <li>● <a href="#">How to Teach Kids about Their Feelings: Early Childhood</a></li> <li>● <a href="#">SEL Tips for this Moment</a></li> </ul>	<ul style="list-style-type: none"> <li>● <a href="#">At-home SEL strategies: Elementary School</a></li> <li>● <a href="#">At-home SEL activities/mini lessons: Elementary School</a></li> <li>● <a href="#">SEL Tips for this Moment</a></li> </ul>	<ul style="list-style-type: none"> <li>● <a href="#">At-home SEL strategies: Middle School</a></li> <li>● <a href="#">SEL Tips for this Moment</a></li> <li>● <a href="#">Coronavirus: Countering Biased Responses</a></li> </ul>	<ul style="list-style-type: none"> <li>● <a href="#">At-home SEL strategies: High School</a></li> <li>● <a href="#">At-home SEL activities/mini lessons</a></li> <li>● <a href="#">SEL Tips for this Moment</a></li> <li>● <a href="#">Coronavirus: Countering Biased Responses</a></li> </ul>

### **Sanford Harmony: Harmony at Home**

This year, the NYCDOE partnered with the Mayor's Office to introduce over 200 DOE elementary schools to Sanford Harmony. Sanford Harmony is a PK-6th grade social-emotional learning program that uses daily and weekly practices to build students' social and emotional competencies. As schools are closing to prevent the spread of the novel coronavirus (COVID-19), Sanford Harmony is supporting families with their Harmony at Home platform.

Harmony at Home is a FREE online toolkit for educators, families, and caregivers to teach vital social emotional learning (SEL) skills to children using the strategies Sanford Programs have developed for classroom teachers. We've curated interactive Sanford Harmony lessons for parents to make this transition as easy and rewarding as possible. Check it out at: <https://www.sanfordharmony.org/harmony-at-home/>

### **Additional Resources**

- [SEL Resources for Parents, Educators & School Communities Related to COVID-19](#) (inside SEL)
- [Key Resources to Support Families, Educators, and Employers](#) (Alliance for Healthier Generation)
- [Critical role of families in promoting wellbeing for LGBTQ children](#) (SAMHSA)
- [Age-Related Reactions to a Traumatic Event](#) (National Child Traumatic Stress Network)