

# SEL Strategies/Activities for Families

*The purpose of this page is to provide SEL strategies for parents/guardians to use at home with their children during virtual learning.*

How to do SEL as a family, with meaningful and fun activities- A site curated for SSD families to support during COVID-19 & Virtual Learning.

<https://sites.google.com/sesd.org/everyday-sel-for-families/well-being-bright-spot-activities/for-elementary-middle-school-age-children?authuser=0>

How to Celebrate Gratitude- Activity

<http://blog.learningresources.com/smarts-crafts-practicing-thankfulness-with-a-gratitude-wall>

How to Keep Kids Connected- Strategies

<http://blog.learningresources.com/socializing-with-distance-ways-to-keep-kids-connected/>

How to do Daily Feeling Temperature Checks- Strategy/Activity

<https://confidentparentsconfidentkids.org/2020/09/22/daily-feelings-temperature-checks/>

How are you feeling today- Printable Activity

<http://blog.learningresources.com/wp-content/uploads/2018/05/Emoji-Cubes-Printable.pdf>

How to practice mindfulness- Activities

<https://4.files.edl.io/caa0/03/25/20/172738-8fd34b18-18fc-4f19-baad-ac6218ed15b1.pdf>

How to help children cultivate self-compassion by planning enjoyable activities- Activity

[https://ggia.berkeley.edu/practice/pleasant\\_events\\_calendar\\_for\\_kids](https://ggia.berkeley.edu/practice/pleasant_events_calendar_for_kids)

How to involve kids in household responsibilities by age- Article

<https://confidentparentsconfidentkids.org/2018/07/26/involving-our-kids-in-household-responsibilities-at-each-age-and-stage/>

How to involve kids in household responsibilities by age- Printable Resource

<https://confidentparentsconfidentkids.org/wp-content/uploads/2018/03/household-responsibilities-by-agestage.pdf>

Responsibility Chart- Printable Activity (*Says for Summer- Applies to Fall*)

<https://www.learningresources.com/media/pdf/lr/resources/Summer-Brain-Gain-Responsibility-Chart.pdf>

Family Emotional Safety Plan- Article

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

Family Emotional Safety Plan- Printable Activity

<https://confidentparentsconfidentkids.org/parent-resources/family-emotional-safety-plan/>

Free At-Home learning resources by grade level

<https://www.learningresources.com/free-at-home-learning-essentials#explore>

Free At-Home Scavenger Hunt- Activity

<http://blog.learningresources.com/wp-content/uploads/2020/05/Puzzles-and-Games-.pdf>

50 Things to Find/Nature Walk- Activity

<http://blog.learningresources.com/wp-content/uploads/2020/05/50-Things-to-Find-on-a-Nature-Walk.pdf>

Second Step Family-Resources & Activities (scroll down to the blue tile)

<https://www.secondstep.org/covid19support>

Greater Good Magazine- Parenting & Family- Resources & Activities

[https://greatergood.berkeley.edu/parenting\\_family](https://greatergood.berkeley.edu/parenting_family)

## **SEL Family Resources (Spanish)**

[CASEL SEL for Families Video](#)

[Family Engagement Resources \(Spanish\)](#)

[Common Sense Education-Latino Family Resources](#)

[SEL Topics/Printables for Families \(Spanish\)](#)

## **Fun Videos for Parents about Quarantine**

[Quarantine \(is Not Quite Over\)" - Billie Jean Parody](#)

[If Disney Songs Were About Quarantine](#)

## **SEL & Social Justice**

[Teaching Kids about Racial and Social Justice](#)

[Children's Books About Race & Diversity](#)

[Staying Positive for Kids](#)

[Ten Keys to Anti Racism](#)

[Anti-Racist Resources](#)

[Resources for Talking about Race, Racism, & Racialized Violence with Kids](#)

[NPR- Code Switch Podcasts: Fearless conversations about race](#)

*\*Looking for more SEL strategies/activities to do at home?*

Check out our >> [SESD Everyday SEL for Families](#) site.