

Watchung Borough School District
Social-Emotional Resources
Resources for Students

<i>Link/Website</i>	<i>Brief Description</i>
https://www.youtube.com/watch?v=60ZNVGGj8Uk&t=157s	Kid's Relaxation Video: Story
10 Awesome GIFs for Calm Breathing	Breathing Exercises: Gifs are easy for students to follow with breathing technique
12 Best Calming Activities and Breathing Exercises for Kids	Breathing and calming exercises for kids
Let's meet this moment together	Breathing and calming exercises for kids There is also a Calm app https://www.calm.com/
Easy Mandalas for kids - 100% Mandalas Zen & Anti-stress	Free Coloring Pages for Kids
Resources for families	Ideas for children-focused activities during Coronavirus shutdown.
10 day wellness challenge.pdf	10-Day Family Wellness Challenge
Calming Jar.pdf	Creating a Calming Jar!
https://www.mindyeti.com	Mindfulness for Kids and Adults
Body Scan for Kids	Mindful Meditation/Body Scan for Kids
https://www.constantloveandlearning.com/coping-tools	Resilience boosting during this difficult time

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Resources for Parents

<i>Link/Website</i>	<i>Brief Description</i>
Coronavirus (COVID-19) Resources	What to do if your child may have been exposed to Coronavirus
Talking to Kids About the Coronavirus https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2saNN4PIMTk8WSAKRNm6U0eAx3RHs2GSxHA8ykHCEoJuEMp0ccYVvRoQA	How to talk to kids about COVID-19
Coping With Stress During Infectious Disease Outbreaks	Coping With Stress During Infectious Disease Outbreaks--SAMHSA Article
Free coloring pages for you to print	Free Coloring Sheets for parents to de-stress
Social Distancing, Quarantines And Isolation: Degrees Of Separation, Explained : Shots - Health News	Article on Social Distancing, Self-Quarantine, and Isolation from NPR

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https://www.common sense media.org/lists/apps-to-help-kids-stay-focused	List of apps to help stay focused
https://www.common sense media.org/lists/top-time-management-apps	List of apps to help with time management.
Amazing Educational Resources	List of free resources
https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/?fbclid=IwAR0OhoV_wTFXT2HKYaVK9anKJ4TU0LHYJ1JvDp4KW3gtr79-6AofMLSEdk	How to manage emotions and build structure among COVID-19.
Kidshealth.org/en/parents/coronavirus-social-Distancing.html	Social distancing with children

Watchung Borough School District Social-Emotional Resources

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Let's meet this moment together	Breathing and calming exercises for staff
Flipgrid Empower Every Voice	This is a great way to send videos to your class. All students can respond and it's a great way for them to see we are all in the same boat.
Free coloring pages for you to print	Free Coloring Sheets for staff to de-stress
Amazing Educational Resources	List of free resources
Kindness Bingo	Kindness Bingo
https://www.edsurge.com/news/2020-03-18-teacher-interrupted-learning-in-to-social-emotional-learning-amid-the-covid-19-crisis	Helping Educators lean into SEL during this crisis.

Helpful Books for Both Parents and Children about Different Feelings

<i>Link/Website</i>	<i>Brief Description</i>
When Sophie Gets Angry- Really Really Angry... Read Aloud with AHEV Library	When Sophie Gets Angry- Really, Really, Angry by Molly Bang <i>Great book about managing your anger with coping strategies included</i>
https://www.youtube.com/watch?v=wylzbbSL668	Grumpy Monkey by Suzanne Lang It's okay to feel angry.
Story Time With Lynn. "Don't Feed The Worry Bug" By Andi Green	Don't Feed The Worry Bug by Andi Green
Story time with Lynn "A Little Spot of Anxiety" by Diane Alber.	A Little Spot of Anxiety A Story About Managing Big Emotions With a great activity for follow up by Diane Alber

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https://www.youtube.com/watch?v=Yy9c11nWcqs&t=34s	<u>A Little Spot of Anger</u> A Story About Managing Big Emotions by Diane Alber
<u>You Are Your Strong</u>	<u>You Are Strong</u> by Danielle Dufayet, PhD
<u>When I'm Feeling Lonely Storybook Story Time Read Aloud Book</u>	<u>When I'm Feeling Lonely</u>
<u>Visiting Feelings Printables, Classroom Activities, Teacher Resources</u>	<u>Visiting Feelings</u> by Lauren Rubenstein, JD, and PsyD
Top 30 Resilience Books for Kids.pdf	Top 30 Children's Books on Resilience

HOTLINES

Watchung Help Line: 908-745-2111 (7am-7pm daily)

NJ Teen Helpline: 1-888-222-2228 www.2ndfloor.org

Caring Contact: 908-232-2880 www.caringcontact.org

PESS (Psychiatric Evaluation Screening Services): Mobile response available
908-526-4100

NJ Mental Health Cares: 1-866-202-4357 [www. Njmentalhealthcares.com](http://www.Njmentalhealthcares.com)

The Mental Health Association of NJ has opened its Disaster Mental Health Helpline to assist those feeling stressed, anxious or depressed due to COVID-19. Please call **877-294-HELP** for emotional support, guidance, and mental health referrals as needed.