

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)
- [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 Middle and High Schools

- [RULER](#)
- [Sanford Harmony](#)
- Webinar: [Managing Anxiety Around COVID-19](#)
- Health Affirmations: <https://www.youtube.com/watch?v=w4Mdjubef0s>
- [Anti-Anxiety Meditation](#)
- [Creating Story Circles](#) (August Wilson's Uprise DVD)
- [Kreative Leadership](#) -YouTube Channel
- [Social-Emotional Learning: What Is SEL and Why SEL Matters](#)
- [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)