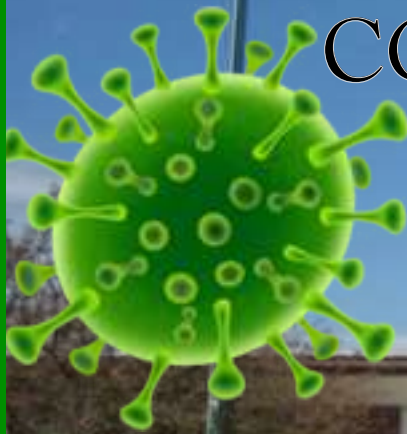


# COVID-19 Clayton Ridge Elementary Social and Emotional Resources



## COVID-19 Resources

- [Time to Come In Bear: A Children's Story About Social Distancing](#)
- [COVID-19: Guide for Kids](#)
- [The Yucky Bug](#)
- [The Oyster and Butterfly](#)

**READ-ALoud WITH BRYAN SMITH**  
 WEDNESDAYS AT 9:00 AM (EST)  
 FACEBOOK LIVE: FACEBOOK.COM/AUTHORBRYANSMITH

MARCH 25 IT WAS JUST RIGHT HERE!  
 APRIL 1 IS THERE AN APP FOR THAT?  
 APRIL 8 MINDSET MATTERS  
 APRIL 15 KINDNESS COUNTS

**-Social Emotional Learning-  
-BINGO Style-**

Caring	Mindful	Challenge	Nature	Social
Write a letter or make a card for someone special	Set up a special space where you can go when you feel upset	Create your own scavenger hunt for others. Include both indoor and outdoor items	Practice Self Control outside! Sit with your eyes closed for 5 minutes- What did you hear?	Learn about a culture and make something: Picture/Food
Make a list of what you love about yourself and hang it where you can see	Watch a video: Meditation or guided imagery. How do you feel?	Pick a toy and give it a new life! Create scenery from legs, cardboard, etc	Take a virtual tour of a zoo, or aquarium.	Listening skills- Ask someone how their day is going. Is there anything you can do to help?
Help a family member with chores around the house. List what you can do without help	"I Feel" Spend 2 minutes thinking about how you feel. Start a journal and practice this daily	What makes you unique? Share your special skill or talent with someone	Sit outside with your eyes open. Be still for 5 minutes- What do you see?	Positive Actions- Do something without being asked or told. How did it make you feel?
Read a book and talk about the characters feelings. Can you relate?	Make a poster about What and Who you are thankful for	Take a virtual tour of a museum. Re-create any artwork of your choice	Find things inside/outside that look like letters in your name	What do you want to be when you grow up? How can you achieve your goal?
Make a poster to show kindness at home and school	What makes you a good friend? Write or draw about what being a good friend means	Find a recipe and make something special for your family	Take a walk and count how many colors you see. Draw it!	Play emotion charades- can anyone guess the feelings on your face?

## Social Emotional Resources

- [PBS Feelings Games](#)
- [Emotional ABC's](#)
- [Conflict Resolution for Kids](#)
- [Mental Health and Education Resources](#)
- [Book Buddies Readings](#)
- [Match the Feelings](#)

## BOOKENDS WITH JULIA

- MONDAYS & FRIDAYS AT 9:00 AM (EST) | FACEBOOK LIVE: FACEBOOK.COM/JULIACOOKONLINE
- MARCH 21 [Wilma Jean the Worry Machine](#)
  - MARCH 23 I'M A BOOGER, TREAT ME WITH RESPECT
  - MARCH 27 PERSONAL SPACE CAMP
  - MARCH 30 MY WAY OR THE HIGHWAY
  - APRIL 3 THE GREAT COMPROMISE
  - APRIL 6 BUBBLE GUM BRAIN
  - APRIL 10 BADITUDE
  - APRIL 13 SODA POP HEAD

BOYS TOWN Press JULIA COOK

- ## Mindfulness Resources
- [Meditation Apps for Kids](#)
  - [Yoga and Mindfulness](#)
  - [Mindfulness Coloring Pages](#)
  - [Go Noodle](#)
  - [Cosmic Kids Zen Den](#)
  - [Cosmic Kids Guided Relaxation](#)
  - [Cosmic Kids Yoga](#)