

Wellness Related Resources for Schools and Families

Social and Emotional		
Name of Resource	Description/Use	Website/App/Other
The Collaborative for Academic, Social, and Emotional Learning (CASEL)	SEL resources on COVID-19 for educators, parents and caregivers	https://casel.org/covid-resources/
Parent Toolkit	SEL Development Tool for educators/parents. Can be broken down into specific topics and age groups.	http://www.parenttoolkit.com/topics/social-and-emotional
Panorama Education	SEL and Self-Care Resources for Educators, Schools and Parents	https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19
Mindful Schools	SEL through Mindfulness. Live free <u>videos</u> that teach coping skills, calmness, and connection. Tools for breathing and how the mind works. For educators, parents, and children	https://www.mindfulschools.org/
Mindfulness Activities for Families (provided by MAISD Mindfulness Trainers)	Activities that teach coping skills that families can do together to increase healthy and safe conversations and feelings around the current state we are in right now. This will include printable handouts and links to free mindfulness activities. <i>This will be updated with a new online folder each week that can be accessed by clicking on the link.</i>	https://drive.google.com/open?id=1PLb4xzisJ6664mKT5GR-g3qz2wNjLcB0
TRAILS Tips for Wellness	Tips for supporting student wellness during COVID-19, including talking points, tips for parents, and coping activities.	https://storage.trailstowellness.org/trails-2/covid-19-resources/tips-for-supporting-student-wellness-during-covid-19-with-mi-and-national-reso

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Positive Psychology's List of Mindfulness Activities for Very Young Children and Teens	Mindfulness Activities, Tips, Games, Videos and Classes listed on one page. Great for K-12 and adults.	Link https://positivepsychology.com/mindfulness-for-children-kids-activities/?fbclid=IwAR1QVqJOGHRnseQohmogu7Ty-9QJZuvDagQFaj7znsuUx0nzv2kw6cMiNxU
Cosmic Kids Zen Den	Mindfulness for kids ages 5+	https://www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK
GiveThx	GiveThx is a digital tool and curriculum that builds school culture and belonging using gratitude. Students and staff use digital thank you notes to recognize and reinforce positive behaviors and relationships. Students develop self-esteem from seeing the impact of their actions by reflecting on their thank you collection data. GiveThx is a powerful social-emotional learning (SEL) system that schools can use on a daily basis, leveraging technology to create safe and inclusive communities (3rd - 12th).	https://www.givethx.org/
Move this World	Move This World has created a resource library filled with exercises and activities that educators can share with families in order to support social emotional learning at home as well as encourage families and students to prioritize their wellbeing during this difficult time. As a part of the resource library, Move This World has released free video showcases featuring SEL videos that students can engage in independently, with their family members, or virtually as a class.	http://www.movethisworld.com/category/supporting-mental-health-covid-19/
Suicide Prevention Resource Center	Resources to Support Mental Health and Coping with the Coronavirus (COVID-19)	http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19

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Mental Health America:	Resources for Parents, Students and Educators. Resources for our most vulnerable populations: LGBTQ+, veterans, domestic violence survivors, etc. Includes wellness tips, fact sheets, managing stress and anxiety, mental health and remote work, financial support resources; screening tools, tools to connect with others, crisis lines, etc.	www.mhanational.org/covid19
MDE SEL Resources	Resources for youth, parents, and school staff	https://www.michigan.gov/mde/0,4615,7-140--523548--,00.html
iREST	Simple and accessible form of mediation designed for modern day living	https://www.irest.org/

Physical Activity and Nutrition

Name of Resource	Description/Use	Website/App/Other
Muskegon YMCA Daily Tips	The Muskegon Area YMCA creates and disseminates these daily tips in hopes to help our collective students and their families to obtain or maintain some semblance of a normal schedule as they navigate these uncharted waters.	Google Folder
Mind and Body Calendars from SHAPE America	The Mind & Body calendars are a great resource to share through a link in a newsletter or e-mail out to parents. The calendars encourage students to stay physically active while working on aspects of mental wellness, too.	Secondary, April ENG Secondary, April Spanish Elementary, April ENG Elementary, April Spanish

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		Year Long Calendar
GoNoodle® for Families	GoNoodle® gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best.	GoNoodle Home
MyPlate Kids' Place	Use these online games, printable activity sheets, videos, and songs to reinforce healthy habits at home.	Kids- ChooseMyPlate
KidsHealth for Kids	This site has many resources including videos, worksheets, and games on how the body works (including the immune system), puberty and growing up, staying healthy, staying safe, recipes and cooking, relaxing and unwinding, feelings and more!	Kids Health
Ready to Go Take Home Packet from SHAPE America	The secondary activities in this packet do not require internet and include physical education and health education that are designed to be done over the course of a week.	Google Folder with Take Home Packet Resources
Shape MI	Resources shared by PE teachers around the state to keep youth moving.	SHAPE MI Care to Share Folder
The Daily Big 3 from SHAPE America	The Daily Big 3 are things to take care of physical and mental wellness for secondary students. This activity asks secondary students to work on a skill that helps with mental or emotional wellness, complete a physical activity, and reflect. This can be done weekly.	The Daily Big 3
Family Resource Sheets	These Family Resource Sheets from the Michigan Model for Health™ are closely related to current topics such as handwashing, preventing the spread of germs, managing strong feelings and more. These can be shared with families via email or social media sites.	Family Resource Sheets

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The Walking Classroom	If kids have ear buds and an i-pod or smartphone they can pop them in and go for a walk, listening to the podcast. The lesson plan offers reflection questions and learning extensions. After going to the website, if you scroll down, there are about 15 Science Careers podcasts for free, with simple lesson plans. Also parents can sign up to get 26 more free podcasts covering different subjects.	https://www.thewalkingclassroom.org/educational-podcasts-kids/
CATCH at Home	Physical Activities, Physical Activity Brain Breaks; Health and Nutrition tips, Vaping Lessons, Free during the COVID-19 School Closures	https://www.catch.org/pages/health-at-home
Fuel Up to Play 60	Nutrition and PA resources for at home use	FUTP-60-Educator-Home-Resource
Active Kids Do Better	Active Kids Do Better equips teachers and parents with tools to get primary school children moving through play. It features a suite of free resources, for use in the classroom and at home - including videos, activity cards, games and teacher materials.	https://www.activekidsdobetter.co.uk/?source=amazingeducationalresources
Edumotion	K-2nd, 3rd-5th, EduMotion is offering SEL Journeys Learn@Home lessons, geared to K-5 students. Each lesson explores an SEL theme and then guides students on a global dance journey. The lessons are designed for students to experience on their own, or they can invite family members to learn and move along with them.	EduMotion
Playworks	Playworks has for over 24 years focused on bringing games and activities to schools, while creating a safe and healthy recess for students. They are now, more than ever, committed to responding to the need for continued healthy activities at home through several resources they are offering. Facebook Live Recess 3x Daily; Monday - Friday	https://www.playworks.org/get-involved/play-at-home/

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	<p>Play At Home Playbook - Game ideas and instructions for at home play</p> <p>Play At Home Web Page - With links, videos, and other playful resources</p>	
Action for Healthy Kids	<p>They've created and collected resources to help parents and educators keep kids active and healthy while schools are closed or doing online learning. Resources will be added continually, so check back often.</p>	<p>https://www.actionforhealthykids.org/covid-19-and-at-home-resources/</p>
4-H Healthy Living Activity Guide	<p>30 activities to help children live healthy lives.</p>	<p>https://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf</p>
iMoves	<p>Fun, free activities for parents to keep children happy, healthy and focused. For children ages 4-11 and features new activities every day.</p>	<p>https://imoves.com/imovement-signup</p>
Yoga Ed	<p>Yoga Ed. is an educational company dedicated to changing education through the practice of yoga. Our mission is to empower school communities with yoga and mindfulness to cultivate health and wellness in children, teens, and adults.</p>	<p>https://yogaed.com/school-closures</p>
Nutrition Education Materials	<p>Materials to teach people to plan, shop, cook, and save to improve their health.</p>	<p>https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials</p>
Gopher	<p>At home equipment replacement list - turn your household items into PE equipment</p>	<p>https://bit.ly/2RmBAIP</p>
PE Class Videos with Coach Wood	<p>This is also a link to Coach Wood's daily PE class channel. Coach Wood is a PE Teacher from Tennessee. His videos are fun!</p>	<p>https://www.youtube.com/playlist?list=PLUYtjFF-uKxr1AeTK4PYGbSO4bji2AfEX</p>

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		https://www.nysahperd.org/content/hpeathome/hpeathome.cfm
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Hashtags: #HPEatHome, #HealthyatHome, #PhysEd, #HealthEd, #SHAPEMI, #perocks, #PEchat, #pegeeks

Reproductive Health*		
Name of Resource	Description/Use	Website/App/Other
The Future of Sex Education	FoSE, a collaboration of Advocates for Youth, Answer, and SIECUS: Sex Ed for Social Change seeks to create a national dialogue about the future of sex education and to promote the institutionalization of comprehensive sexuality education in public schools.	https://futureofsexed.org/
AMAZE	AMAZE takes the awkward out of sex ed. Real info in fun, <u>animated videos</u> that give you all the answers you actually want to know about sex, your body and relationships.	https://amaze.org/
SIECUS	Sex ed resources for all ages (younger students, young adults, faith leaders, parents, and teachers).	https://siecus.org/homeschool-style-sex-ed-resources/
Puberty the Wonder Years	Helpful tips for parents and educators	https://pubertycurriculum.com/puberty-the-wonder-years-distance-learning-adaptations/
ETR	Virtual Vitality Series	Adapting Sexual Health Education

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		for a Virtual Environment Adapting Teacher Strategies for a Virtual Environment
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***Please make sure you are following your district's approved curriculum**

General Wellness		
Name of Resource	Description/Use	Website/App/Other
Wide Open School	Wide Open School is a free collection of the best online learning experiences for kids curated by the editors at Common Sense.	Wide Open School
Common Sense Media	Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century. As people are confined to their homes due to the coronavirus pandemic, Common Sense has launched two new webpages compiling extensive resources for parents and educators with best practices for learning at home, keeping kids supervised and engaged, safeguarding physical and mental wellness, and much more.	Common Sense Media Common Sense Media in Spanish
Mental Health Resources	Mental Health and Wellness Apps	https://medium.com/psyberguide/list-of-resources-made-available-in-response-to-covid-19-epidemic-72a297aef747

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Brain Pop	Health and SEL resources, lessons, videos, etc.	https://www.brainpop.com/
Random Acts of Kindness	Various resources to support students and families at home during this time.	https://www.randomactsofkindness.org/
Insurance	With over 10 million now unemployed in our nation, this could be valuable information for our teachers, principals and superintendents to pass along.	https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US
Healthy Kids Quarantined Activities, Resources, and Calendars	The Center for Health and Community Impact in the College of Education at Wayne State University have assembled daily and weekly resources containing age-appropriate activities to get children physically active and eating healthy--even if they are confined to their homes. For elementary and middle school children with adaptations for students with Autism Spectrum Disorder. You can also follow along on social media for new opportunities every weekday at 9am EST.	https://dl.orangedox.com/HealthyKidsQuarantined