| **Topic** | **Description** | **Link** |
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| Managing Stress for Educators | A Trauma-Informed Approach to Teaching Through Coronavirus: Experts from the National Child Traumatic Stress Network share their recommendations for educators supporting students during the COVID-19 crisis. | [Teaching Tolerance](https://www.tolerance.org/magazine/a-trauma-informed-approach-to-teaching-through-coronavirus?utm_source=Teaching+Tolerance&utm_campaign=1be1caaaa1-A+Trauma-Informed+Approach+to+Teaching+Throug&utm_medium=email&utm_term=0_a8cea027c3-1be1caaaa1-101106741) |
| Emotional Regulation | The Virginia Commonwealth University Autism Center for Excellence provides a How To Video on helping young children learn to regulate their emotions. | [VCU ACE, Emotional Regulation](https://vcuautismcenter.org/te/how_to/simpleVideo.cfm?video=29) |
| Understanding and Coping | Scripted stories, infographics, handouts, fact sheets, & videos  Helping Children and Families Cope: Resources to support families in helping young children cope with the challenges that might occur during stressful emergency or disaster situations (ages birth – 5 years). | [Helping Children and Families Cope](https://challengingbehavior.cbcs.usf.edu/emergency/index.html) |
| Social – Emotional Skill Development | Handouts, articles  The Backpack Connection Series provides a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Each handout provides specific ideas on how to use the strategy or skill at home. Articles include feelings, cooperation, independent skills, etc. | [Backpack Connection Series](https://challengingbehavior.cbcs.usf.edu/Implementation/family.html#collapse2) |
| Social Stories | PowerPoint: Scripted Stories for Social Situations are short PowerPoint presentations consisting of a mixture of words and pictures that provide specific information to a child about social situations such as going to preschool, sitting in circle time, staying safe and using words. | [Scripted Social Stories](https://challengingbehavior.cbcs.usf.edu/Implementation/family.html#collapse2) |
| Teaching Social – Emotional Skills | Handouts, stories  A variety of activities, materials, and tools to help children promote self-regulation or problem solving. Included are emotion faces, the "turtle technique," and feeling charts as well as solution kits to help children come up with solutions around common social problems. | [Self-Regulation materials](https://challengingbehavior.cbcs.usf.edu/Implementation/family.html#collapse2) |
| Coping with Stress | Activity guides  Ready Rosie. Healthy at Home: A Toolkit for Supporting Families Impacted by COVID-19 features information to support families with information and resources for supporting the children in their care. | [Learning at Home](https://healthyathome.readyrosie.com/en/) |
| Emotional Well-being | Videos  Short videos that answer parents’ questions about explaining COVID-19 to their children, screen time, daily routines, etc. | [Emotional Well-Being](https://healthyathome.readyrosie.com/en/emotional-well-being/) |
| Developmental Activities | Resource calendars  Calendars with daily activities from *Good Things for Young Children* that are full of active, non-worksheet activities for young children. | [Good Things for Young Children](https://evacphillips33.wixsite.com/goodthings/resources) |
| Outdoor Activities / Stress Relief | Videos, activities  By Tinkergarten that provide outdoor, play-based learning, for ages infant through 8 years. | [Tinkergarten](https://tinkergarten.com/activities) |
| Reading about emotions | Online story books  100s of free video read aloud of popular children’s story books from the Indianapolis Public Library, many featuring social – emotional skills. | [Free Read-Alouds](https://www.indypl.org/blog/for-parents/free-video-read-alouds) |
| Self-regulation | Video  Features "Miss Anne" and her doodle dog "Q" in which children have the opportunity to move their bodies, use their thinking brains, and read a book about self-calming. | [Video and Book for Self-Calming](https://www.singplaylove.com/party1) |
| Social – Emotional Skills Development | Article  Caring for Preschoolers at Home provides guidance on maintaining structure, routine, and healthy habits for learning and growing at home. | [Caring for Preschoolers at Home](https://www.gse.harvard.edu/news/uk/20/03/caring-preschoolers-home) |
| Development, Coping | Videos, articles, links to resources  An initiative of CASEL that connects the SEL community with experts to address how SEL can be most helpful in response to today’s circumstances. | [CASEL CARES: SEL Resource During COVID-19](https://casel.org/covid-resources/) |
| Virtual Learning | Article  Tips for Families in Supporting Their Children with Disabilities in Virtual Formats | [Tips for Families in Supporting Their Children with Disabilities in Virtual Formats](http://www.floridainclusionnetwork.com/family-fact-folios/) |
| Behavior | Article  A resource written for families on “Guiding your child’s behavior.” | [Guiding Your Child’s Behavior](https://www.naeyc.org/resources/pubs/tyc/apr2018/backpack/guiding-your-childs-behavior) |
| Social Story | Social story  *Something Strange Happened in My City: A Social Story about COVID 19* | [Something Strange Happened in My City](https://newsymom.com/2020/03/21/something-strange-happened-in-my-city-a-childrens-story-explaining-covid-19/) |
| Teaching Pro-Social Skills | Article  An 8-page booklet for teaching pro-social behaviors at home. | [Skill Time Booklet](http://www.parenthelpline.org/Bullying) |
| Behavior | Article  Tip Sheet from the Pyramid Equity Project on dealing with challenging behavior | [Tips for Responding to Challenging Behaviors](https://va-leads-ecse.org/Resource/JWHaEa5BS76FvEEDG_Q4kw/Resource-tips-for-responding-to-challenging-behavior-in-young-children-pyramid-equity-project) |
| Behavior | PowerPoint  Define challenging behavior and its impact, understanding why children engage in challenging behavior, identifying strategies that will decrease challenging behavior and improve the quality of life for all children in the preschool classroom. | [Including Children with Challenging Behaviors](https://docplayer.net/42935822-Including-children-with-challenging-behavior-in-the-preschool-classroom-presented-by-michelle-mead-denise-bouyer-hargrove.html) |
| Training | Video, handouts  CSEFEL training modules designed to provide useful training to address social-emotional needs of young children. | [Center on the Social and Emotional Foundations for Early Learning](http://csefel.vanderbilt.edu/resources/training_modules.html) |
| Self-care | **Video, articles**  **Dr. Barbara Stroud presents COVID-19 Tips for Parents.** A member of ZERO TO THREE’s Academy of Fellows, Dr. Stroud provides parents with information and skills to support their children’s emotional health and mental well-being, and build necessary skills of resilience. | [Tips for Families: Coronavirus](https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus) |