Caledonia Community Schools
Social-Emotional Learning

Resources for Families

During this time of uncertainty and extended school closure, our district Student Support Team has put together a list of resources to help support families in managing anxiety, answering hard questions and focusing on mental wellness.

- PBS Videos and Resources
- Parent Resource from NASP - talking to children about COVID-19
- Talking to Teens and Tweens about coronavirus - NY Times
- Article and Video Talking to children about coronavirus - Child Mind
- The Coronavirus in a comic story - NPR
- Coping with Stress during outbreaks - great for adults
- Staying Active and Healthy while at Home - a schedule
- Practice Mindfulness - Kids Health
- 30 Things Students Can do at Home to encourage Emotional Wellness
- Coronavirus Social Story for Kids
- 7 Strategies- adults, and teens coping with Anxiety during Coronavirus outbreak

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Our building counselors, student support specialists, social workers, and student support coach are available to answer questions, please use their school email found on the building website.