



The Family Room Presents: Social Emotional Learning Resources

Resource	Description	Target Audience	Location	Details
CASEL	National SEL information	Parents/Guardians Educators	https://casel.org/	Social Emotional Learning information and resources including: CASEL: SEL for Parents CASEL: SEL 101 for Parents SEL Competencies
Sanford Harmony	PreK-6 SEL Curriculum	Parents/Guardians Educators Students grades PreK - 6	https://www.sanfordharmony.org/	Free online SEL curriculum for parents and educators. Must register online Grades Prek-6 (Available in English and Spanish) Includes: video lessons, stories, activities and professional development opportunities
Second Step	PreK-8 SEL Curriculum	Parents/Guardians Educators Students grades PreK - 8	https://www.secondstep.org/	SEL curriculum. Must register online Grades Prek - 8 (Available in English and Spanish) Limited free access. Full access requires purchase
Choose Love Movement	Prek - 12 Curriculum	Educators Parents/Guardians Students grades PreK - 12	https://chooselovemovement.org/	Free online SEL curriculum for parents and educators. Must register online Grades PreK - 12 (Available in English and Spanish) Lessons, activities and extension resources for use at school or at home (including a unit on "Back-to-School")
Child Mind Institute	Mental and Behavioral Health information and assistance	Educators Parents/Guardians	https://childmind.org/	Children and Youth mental health information Including: - Alphabetical index of mental health related topics (including managing anxiety, fear, and depression) - Back-to-School Resources for Families and Educators - Printable tip sheets to help families set priorities - Supporting students mental health during COVID - Managing children's behavior during hybrid learning
KidsHealth.org	Physical, behavioral and mental health topics.	Parents/Guardians Children Teens Educators	https://kidshealth.org/	Articles on physical, behavioral and mental health topics. Articles for children, teens, parents and educators on a variety of physical, mental and behavioral health topics
NAMI (National Alliance on Mental Illness Southern Arizona)	Crisis phone line Local support groups	Children Youth Adults	https://www.namisa.org/get-help/	Local and online support for people with mental illness and family members. Information and referral resources, support groups, education and advocacy on mental illness.
Arizona's Children Association: Kinship Support Services	Kinship Care Support	Guardians of grandchildren, nieces or nephews, cousins, or a child under 18 not born to you	https://www.arizonaschildren.org/kinship/	Information, resource referrals, education, legal resources, support groups and advocacy for those raising children in kinship care.
#WeThriveInside	Comprehensive source of mental health support for families during the COVID-19 crisis	Parents/Guardians Educators Children and Youth with parental guidance	https://www.facebook.com/watch/124445037622183/1872858239514592	Accessible through the Child Mind Institute Facebook page: https://www.facebook.com/ChildMindInstitute Includes live and recorded video chats with mental health professionals, inspiring videos, online resources and more.