MENU

Home (index)

K-12 Digital Resources (http://www.scsk12.org/instructionalresources/digitalresources.php?PID=1660)

Homework Hotline Tutoring (https://www.homeworkhotline.info/?PID=1649)

Student Device Resources (http://www.scsk12.org/accessforall/?PID=1808)

Social Emotional Learning Resources (sel?PID=1656)

Student Meals (http://www.scsk12.org/coronavirusfacts/studentmeals?PID=1809)

Childcare Support Resources (http://www.scsk12.org/safeplan/childcare?PID=1765?PID=1810)

Parent Welcome Center General Info & Assistance M-F, 7 a.m. - 5 p.m. (901) 416-5300 <u>SCSHelp@scsk12.org (mailto:SCSHelp@scsk12.org)</u>

▲ (IR) / INSTRUCTIONAL RESOURCES (INDEX)



SOCIAL EMOTIONAL LEARNING

As our District and community continue to cope with COVID-19, we recognize that many students and families are experiencing anxiety and a range of other emotional self-regulation are especially important during these uncertain times, so the District is providing a variety of resources to support students and families.

Included below are several videos and podcasts explaining the importance and impact of SEL and helpful strategies and activities families can use at home. A variety of SEL resources are also available on the **CASEL website (https://casel.org/covid-resources/)**. CASEL is the Collaborative for Academic, Social and Emotional Learning. Plus, SCS has launched two new support lines so students and parents can contact school social workers and counselors around the clock for resources and assistance with social emotional concerns.

Area NEW Social Emotional Support Lines Available for Students & Families!

TOPICS OF SUPPORT:

- How to get mental health support
- Where to find community resources
- How to help your family
- Expressing & coping with anxiety
- Anger management
- Signs of depression
- Grief & loss
- Substance abuse
- Managing a child with ADHD
- Mindfulness & Meditation

NOTE: The SCS support lines are intended primarily for general questions and non-emergency assistance. If you are experiencing a crisis, please contact one of the organizations listed below that provide crisis support.

View frequently asked questions about mental health services during virtual learning. (files/2020/SCS Mental

Health FAQs.pdf)

V Local & Statewide Mental Health Support Organizations

Youth Villages is the District's largest community partner for providing specialized crisis services staff for children and youth up to age 18. For assistance, call 901-251-5000, 901-252-7600 or 866-791-9226. Learn more by visiting the <u>Youth Villages West Tennessee web page</u> (<u>https://www.youthvillages.org/about-us/locations/tennessee/west-tennessee/)</u>.

The Statewide Crisis Line is available if you are experiencing a mental health or psychiatric emergency. Call 855-CRISIS-1 (855-274-7471).

The TN REDLINE is available for referrals related to substance use disorder treatment and resources. Call 800-889-9789.

The TDMHSAS Office of Consumer Affairs provides non-emergency mental health and substance abuse services. Call 800-560-5767.

The SAMHSA National Helpline offers free, confidential treatment, referral and information services (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call 800-662-HELP (4357).

Click the images below to view additional mental and behavioral health resources from the Shelby County Division of Community Service.

DOWNLOAD

(files/2020/Behavioral Health Resources during COVID DRAFT sheet.pdf)

(files/2020/Behavioral Health Resources during COVID DRAFT2.pdf)

Click the images below to view additional mental and behavioral health resources from the Tennessee Department of Children's services.

DOWNLOAD

(files/2020/TN-DCS-1.pdf)

DOWNLOAD

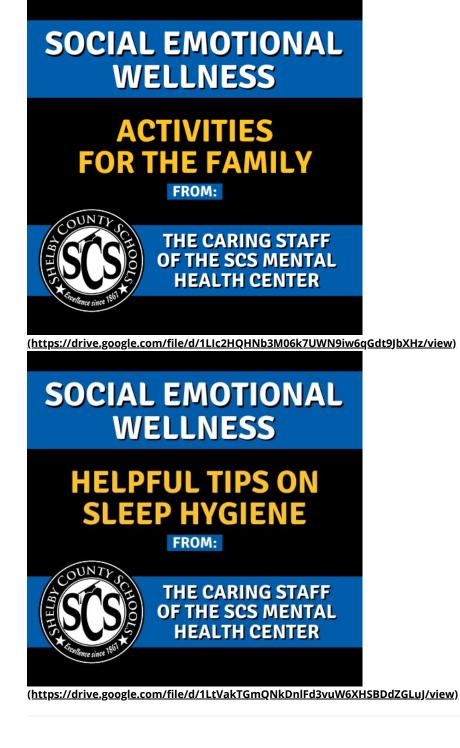
(files/2020/TN-DCS-2.pdf)

PLISTEN TO SOCIAL EMOTIONAL LEARNING PODCASTS.

SEL Resources: The District's SEL team joins 88.5FM to explain what social emotional learning is and shares a variety of community resources available to support students and families. **LISTEN**

(https://scsbroadcastservices.app.box.com/s/eajoeyvo03s5914dotvv32tzmhwtl2ny/file/647325059260)

Family Activities: The District's SEL team joins 88.5FM to share activities that families can do at home to support social emotional wellness. <u>LISTEN (https://scsbroadcastservices.app.box.com/s/eajoeyvo03s5914dotvv32tzmhwtl2ny/file/647310114796)</u>



SOCIAL EMOTIONAL WELLNESS

HELPFUL TIPS FOR STUDENTS & FAMILIES



- <u>Video 1: Dealing with Anxiety & Stress (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?</u> <u>dl=0&preview=SEL+Series+-+Breathing+and+Mindfulness.mov)</u>
- Video 2: Breathing and Mindfulness (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa? dl=0&preview=SEL+Series+.+Controlling+Anger.mov)
- <u>Video 3: Controlling Anger (Self-Regulation) (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?</u> <u>dl=0&preview=SEL+Series+-+Maximizing+Time+with+Family.mov</u>)
- <u>Video 4: Maximizing Time with Family (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?</u> <u>dl=0&preview=SEL+Series+-+Tips+for+Virtual+Learning.mov</u>)
- <u>Video 5: Stay Focused During Virtual Learning (https://www.dropbox.com/sh/0roo0dn4qk0ekzw/AAAuz1MXfZ4eVcObVlgiHnJFa?</u> <u>dl=0&preview=SEL+Series-+Dealing+with+Anxiety+%26+Stress.mov)</u>

Depression: Reading & Quizzes for Middle/High School (https://www.schoolcounselor.org/school-counselors/professionaldevelopment/learn-more/coronavirus-resources)

CONNECT WITH U

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(https://dwtitter//dotto/Sie/date/Bel/milited)/asseld12200rgifi6@5d612Unified)

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Eligit (http://www.scsk12.org/tcc) 5 88.5FM (http://voiceofscs.com/listen/)

SHELBY COUNTY SCHOOLS

♥ 160 S. Hollywood St. Memphis, TN 38112 Main: ᢏ (901) 416-5300

IMPORTANT LINKS

Accessibility (http://www.scsk12.org/accessibility/)

Feedback

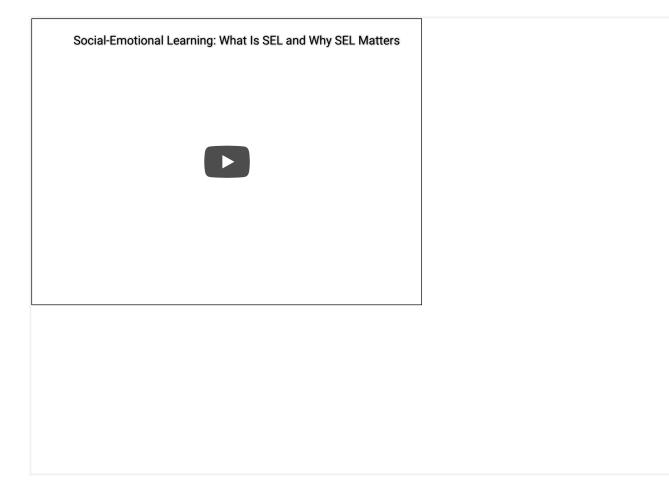
Non-Discrimination Policy

Sitemap (http://www.scsk12.org/sitemap/)



Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national origin, or genetic information.

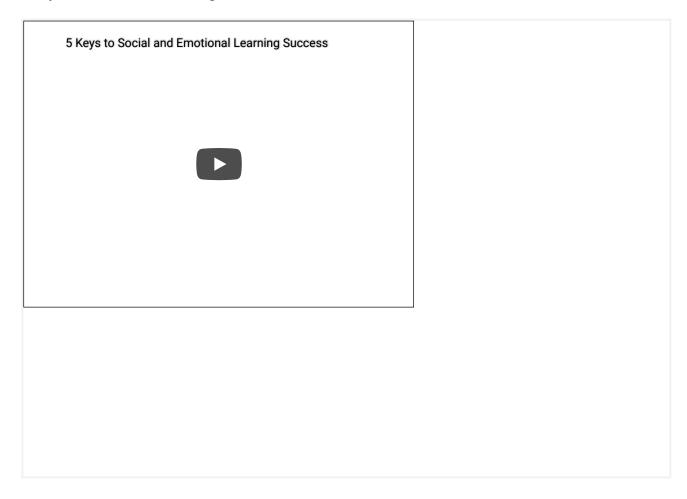
What is SEL and WHY SEL Matters (English)



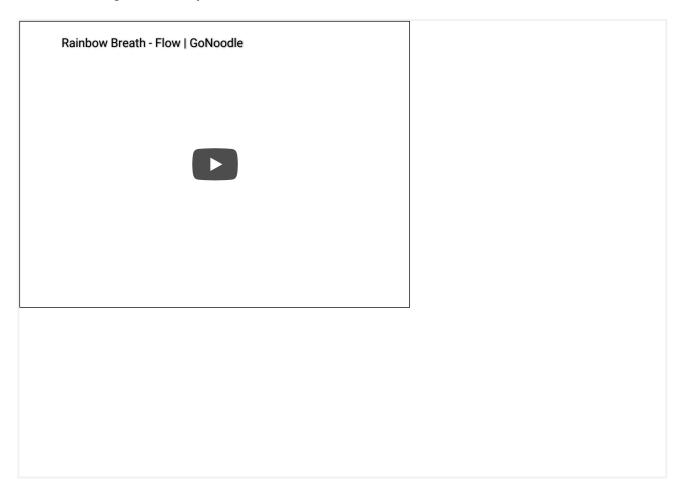
What is SEL and WHY SEL Matters (Spanish)

SEL for Parents (in Spanish)	

5 Keys to Social Emotional Learning Success



Mindful Breathing for Elementary Students



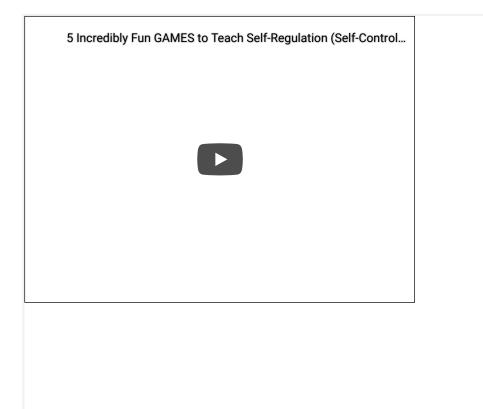
Relieve Anxiety



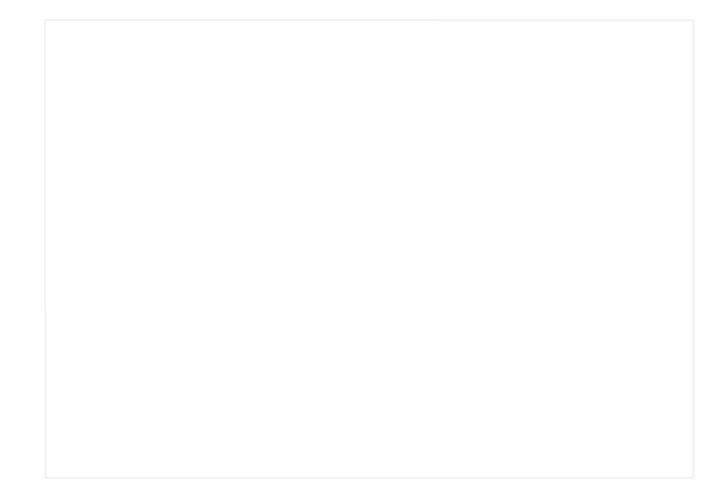
Mindfulness and Meditation for Teens and Adults



5 Fun Children's Games for Self-Regulation



Social Media-Related Trauma



Empathy: Grades Pre-K - 3



PSOCIAL INJUSTICE RESOURCES

Change Makers <u>Video (http://go.rethinkfirst.com/changemakers)</u>

Talking to Kids About Social Injustice & How to Use Empathy as a Tool for Social Change <u>Video (https://urldefense.proofpoint.com/v2/url?u=https-3A_youtu.be_-2D9zjB-</u> <u>2D95MRw&d=DwMFAg&c=Bg75SrweeeOWjU7z0YJ1jg&r=mhnnEf2mrpe7KEkziiCJeIM_oo4wE3rKZ_9GJJwzp_k&m=fFu6iWUPk1PH33DytnVjhq2I6Iz87AXIw7LMKxrzH1g&s=R4Uq4_v6NsvyjCDpXRiM0QZN0KVIGkEi0bDLr9AfRsY&e=)</u>

Self-Awareness Series: Cultures Around the World-Elementary

<u>Video (https://urldefense.proofpoint.com/v2/url?u=https-</u>

3A_youtu.be_Ky9dL6PqqH8&d=DwMFAg&c=Bg75SrweeeOWjU7z0YJ1jg&r=mhnnEf2mrpe7KEkziiCJeIM_oo4wE3rKZ_9GIJwzp_k&m=fFu6iWUPk1PH33DytnVjhq2I6Iz87AXIw7LMKxrzH1g&s=RC53rgngW2-XxDSI1ZUxu_jGq3yHLZNVPuHs8Ez-DEw&e=)

Self-Awareness Series: Empathy & Social Change-Secondary

Video (https://urldefense.proofpoint.com/v2/url?u=https-

3A_youtu.be_fZ0J6ElLiqk&d=DwMFAg&c=Bg75SrweeeOWjU7z0YJ1jg&r=mhnnEf2mrpe7KEkziiCJeIM_oo4wE3rKZ_9GlJwzp_k&m=fFu6iWUPk1PH33DytnVjhq2I6Iz87AXlw7LMKxrzH1g&s=XJfuG-Nthv1XkUq_Pti-hViyp4FSz4AlrmALReUyaY8&e=)

OTHER RESOURCES