



These resources are meant to help support families in teaching and supporting their childrens’ well-being at home.
Note: All resources are currently free. Some are services that have opened up for no cost during COVID related closures.

[Supporting Well-Being: Overview Document](#)

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Newest Resource link will be in Bold Font

General Well-Being

Grade Level	Resource	Description	Type of Resource
PreK-12	Common Sense Media: 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 for educators.	Videos
Birth to Age 5	Bright by Text	Bright by Text is a free text messaging service that delivers actionable information from trusted early childhood experts to parents and caregivers of young children — from prenatal to age eight — to support healthy child development and build strong, resilient families. It is available in both English	Text Messages



		and Spanish.	
Birth to Age 8	Great Start Collaborative-Oakland Social Emotional Resources	<p>The Great Start Collaborative-Oakland website offers tips, strategies and resources to support social emotional development of young children. Families can reach out to Help Me Grow Care Coordinators to live chat about their questions.</p> <p>Families can also call or text 844.456.5437 to find out more about the social/emotional/mental health resources available in Oakland County</p>	Website with links to articles and access to resources.
Birth to Age 12	Great Start Collaborative-Wayne	Great Start Collaborative-Wayne website with virtual family fun resources and activities	Activities
K-12	NCTSN Simple Activities for Children and Adolescents	List of simple activities that families can do that are away from screens.	Activities
K-12	BrainPOP Educators: <ul style="list-style-type: none"> • Health and SEL • BrainPOP ELL • BrainPOP Español 	<p>Health and SEL resources, lessons, videos, etc.</p> <p>*Requires Sign up to access content free for 30 days.</p>	Videos, activities, quizzes
COVID-19 Specific Resources			
All Ages	<ul style="list-style-type: none"> • Considerations for Face Coverings • Talking to Your Kids About COVID-19 • Social Distancing with Kids 	<p>Healthy Children During COVID-19- A series of newsletters for families to educate families on minimizing risk of COVID transmission.</p> <p>Developed in partnership by Oakland Schools and Oakland County Health Division</p>	Newsletters, tips, books



	<ul style="list-style-type: none"> • Health Screenings with Kids • Hand Washing with Kids 		
All Ages	<ul style="list-style-type: none"> • Knowing the Basics • What to Do When You're Sick • Wearing Masks 	Spectrum Health Videos for Kids and Families to learn more about wearing masks, handwashing, what to do when you're sick and more.	Videos
Preschool	National Center for Pyramid Model Innovations (NCPMI)	Resources to support families in helping young children cope with the challenges that might occur during stressful emergency or disaster situations	Information sheets, on-line books for basic feelings and understanding of COVID-19.
PreK-12	Parenting Tips during COVID-19	Proven parenting tips and activities for all ages. Available in 70 languages.	Activities and tips; factsheet form
K-12	Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers	Tips for parents and caregivers on how to support students who experience racism as a result of COVID-19.	Article
K-12	Helping Children Cope with COVID	Guidance from National Association of School Psychologists for Parents: 10 languages	Tips with translations



Social and Emotional			
Grade Level	Resource	Description	Type of Resource
K-12	Michigan Virtual : Social and Emotional	<p>FREE access to the Michigan Cares Portal until the end of the 20-21 school year. *Registration required to access the content</p> <p>This online platform houses hundreds of lessons designed to help children in grades K-12 develop the skills required for social, emotional, and mental well-being.</p> <p>Each child lesson is accompanied by a parent lesson with tips for conversations and skill building.</p>	Lessons, Videos, family engagement
PreK-12	CONROE ISD : Digital Learning Overview	<p>Weekly messages for parents on SEL with many activities and nice handouts structured around a theme. Select the grade level of interest then scroll down until you see the SEL Icon below. The link will take you to the current week's information.</p> <p>Available in Spanish</p>	Websites; Videos; Activities
PreK	RULER: Early Childhood Distance Learning Resources	Activities for supporting the acknowledgement of student feelings at home. These activities mirror the routines utilized in early childhood classrooms implementing RULER.	Activities
Meditation and Mindfulness			
All Ages	Headspace: Michigan Page of sample meditations	This special collection of meditation, sleep, and movement exercises below are designed to help you keep a strong and healthy mind in the midst of this global health crisis.	Audio meditations; Youtube videos



	Youtube Channel	<p>The set of activities available on this page are free to Michigan residents (fees may apply when you sign up for other content).</p> <p>Educators can access a full account for free when using their school email to sign up.</p> <p>Languages available: English, French, German, Spanish and Portuguese</p>	
K-12	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.	Activities
Elementary	Cosmic Kids Zen Den	Mindfulness for kids ages 5+; 22 videos in the series	Youtube videos
Elementary	Mindful Schools	SEL through Mindfulness. Live free videos that teach coping skills, calmness, and connection. Tools for breathing and how the mind works. Video content at the bottom.	Videos
Young adults, Parents	Mindfulness in English & Arabic	This is a free Mindfulness Course that people can sign up for. Languages available: English and Arabic.	Course
PreK-12	Parent Toolkit	SEL Development Tool for educators/parents. Can be broken down into specific topics and age groups. Available in Spanish	Videos and articles
PreK-12	TRAILS Tips for WellnessTips for	Tips for supporting student wellness during COVID-19, including talking points, tips for parents, and coping	Tip sheet



	Supporting Student Wellness at Home During COVID-19	activities.	
PreK-2	Imagine Neighborhood: SEL Podcast	A podcast on how to talk about feelings about Quarantine, Pandemic and other SEL topics.	Podcast
Preschool; Elementary	Conscious Discipline	Based on Conscious Discipline, there are a number of activity suggestions for families to support a positive environment. Languages Available: A few in Spanish. *Sign up for free access	Activities, handouts
Grades 3-12	NewsELA: SEL articles, lesson plans & activities	A collection of leveled articles, current events and lessons, aligned with CASEL framework. Free during COVID-19 school closings; Spanish and English. *Requires Sign up to access content. Once logged in, link takes you directly to the SEL Content	Lesson plans with text, activities, and discussion prompts
Mental Health			
All	Oakland County Health Division: Youth Suicide Toolkit for Parents KIT DE RECURSOS PARA PADRES (Español)	Parent toolkit including: <ul style="list-style-type: none"> ● Facts About Suicide (p. 2) ● Risk Factors (p. 3) ● Warning Signs (p. 4) ● Prevention (p. 5) ● Talking to Your Kids & Resources (p. 6) ● Myths & Facts (p. 7) 	Information; Links; Emergency Resources



All	Oakland County Health Division: Make Your Home Suicide-Safe Through Means Restriction	Brochure with tips to prevent suicide through restricting access to lethal means of suicide.	Tips; Emergency Resources
K-12	KnowResolve Resources	Youth suicide awareness and prevention resources	Websites, handouts, toolkits
High school and above	Therapy in a Nutshell Website You Tube Channel: Mental Health Concerns	Targeted towards high school and parents, this blog and YouTube Channel talk about how to deal with many mental health concerns.	Videos, blog articles for parents/adults, other resources



Physical Activity and Nutrition			
Grade Level	Resource	Description	Type of Resource
K-12	InPACT@Home	20 minute home videos by PE teachers across the state to safely keep youth active at home.	Activities
K-8	Healthy Kids Quarantined	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 <u>on social media for new opportunities</u> every weekday at 9am EST.	Activities, Resources, and Calendars
K-8	CATCH at Home Spanish Version	Physical Activities, Physical Activity Brain Breaks; Health and Nutrition tips. Available in Spanish. Free during the COVID-19 School Closures. *Access through password protected Google Classroom- must have a Google account	Lessons, including ppt, audio stories, and other tools.
Elementary	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.	videos



Elementary	Active Kids Do Better <ul style="list-style-type: none"> Activity booster videos Active Home 	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.	videos, activity cards, games and teacher materials.
Elementary	Playworks Game Library	Playworks has for over 24 years focused on bringing games and activities to schools, while creating a safe and healthy recess for students. <ul style="list-style-type: none"> Facebook Live Recess 3x Daily Play At Home Playbook - Game ideas and instructions for at home play Play At Home Web Page - With links, videos, and other playful resources 	Videos, activities
PreK-12	4-H Healthy Living Activity Guide	30 at home activities for families to engage in to help children live healthy lives.	Activities
K-12 - if teachers send translated tip sheets	Be an Active Family (English , Español) Translated tips	Nutrition tip sheets and graphics, translated into 20 languages	Infographics and translated tip sheets
K-12	Yoga Ed Quick Start Guide for Teachers	Offering online yoga and mindfulness tools – free for everyone – to stay grounded, connected, and healthy with the children and teens in your life. *Sign up required to access free content	Videos
All Ages	Nutrition Education Materials	Materials to teach people to plan, shop, cook, and save to improve their health. Available in Spanish.	Tip sheets, how to videos, and recipes



Sex Education*

Grade Level	Resource	Description	Type of Resource
PreK-12	<p>AMAZE: Age appropriate info on puberty for tweens and their parents.</p> <p>AMAZE Jr.: brings parents age-appropriate sex ed resources about talking to kids ages 4-9 and fun videos to share with your children.</p> <p>Askable Parent Challenge</p>	<p>AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give youth all the answers they actually want to know about sex, their body and relationships.</p> <p>Available in Six languages and working up to 30 being available.</p> <p>Askable Parent Challenge:AMAZE’s #AskableParent Challenge is a 6-day newsletter program for parents with free resources to help navigate kids’ questions as they adjust to more time at home and social distancing. 6 days. 6 emails. 6 small challenges to help conquer those awkward (but oh so critical) talks with your children.</p>	Videos, lesson plans, discussion ideas

*Please make sure you are following your district’s approved curriculum per 380.1169



Safety (Accidental injury and Interpersonal Violence Prevention)			
Grade Level	Resource	Description	Type of Resource
All ages	Safe Kids Blog: Safety tips during COVID-19	Tips on preventing accidental injury during COVID-19	Blog



Alcohol, Tobacco, and Other Drug Prevention			
Grade Level	Resource	Description	Type of Resource
Late Elementary to High School	ACHC Family Toolkits to Prevent: <ul style="list-style-type: none"> • Marijuana Use • Prescription Drug Misuse • Underage drinking • Vaping 	Each Toolkit features: <ul style="list-style-type: none"> • Warning Signs/Risk Factors for use • What Families Can Do/Prevention • Did you Know? (quick facts) • Talking to your Kids • Resources 	Toolkits
Late Elementary to High School	Talk. They Hear you <ul style="list-style-type: none"> • App for mobile devices (smartphones/tablets) 	SAMHSA's underage drinking prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol. <ul style="list-style-type: none"> • Resources on how to help you start—and keep up—the conversation about the dangers of drinking alcohol and using other drugs at a young age. • App helps you practice 	Website; App
Late Elementary to High School	Talk Sooner	This site helps parents inform youth about the dangers of substance use. Believe it or not, focus group data suggests that youth do indeed seek information and guidance from parents and other adults, so it is important that parents have these difficult conversations.	Website