



Social Emotional Climate and Online Community

These resources meant to help support educators in developing a supportive Social emotional climate and online community while learning at a distance.

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

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Overall Online Community Building			
Grade Level	Name of Resource	Description	Website/App/Other
All	COVID-19 & Well-Being Evaluating, Measuring, and Assessing Need.	Oakland Schools guidance document on how to evaluate, measure, and assess Well-Being needs (includes general well-being, social-emotional, mental, physical & financial needs). Direct contact for additional help located within the document.	COVID-19 & Well-Being: Evaluating, Measuring, and Assessing Need



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All	Attendance Works	Guide to Using the Attendance Playbook: Smart Strategies for Reducing Chronic Absenteeism in the Covid Era. Acts as a companion to the updated Attendance Playbook .	Resource Guide on COVID-19 and Chronic Absenteeism
All	7 Ways to Maintain Relationships During Your School Closure	Article has teachers share strategies for maintaining relationships—both peer-to-peer and student-teacher—when everything’s gone remote.	7 Ways During School Closure
All	Bringing the Benefits of Your Morning Meetings Online	To give his students a sense of stability, an elementary teacher has shifted his morning meetings to asynchronous home learning.	Morning Meeting Online
All	Resources for immigrants, parents, and educators during COVID-19 crisis	The ILC Public Education Institute has compiled resources for immigrants, refugees, parents and educators. Includes: wide ranging support information and immigration-related lesson plans and activities for homeschooling and distance learning.	COVID-19 Help
All	Coronavirus, Online Learning, Social Isolation, and Cyberbullying: How To Support Our Students	Article and resources to understand how to support students as they move to online learning and navigate cyberbullying and/or social isolation.	Cyberbullying & Online Community
All	Best Practices for Remote Learning	Oakland Schools guidance document created to assist districts and teachers on the understanding best practices for remote learning in the content areas.	Remote Learning Resource Document
All	Resources for Building Leaders	Oakland Schools guidance document created to assist building leaders on the understanding best practices for remote learning in the content areas.	Grab & Go: Curated Resources for Building Leaders During COVID-19



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All	NYU Metro Center Guidance on Culturally Responsive-Sustaining Remote Teaching and Learning (2020)	We must, however, ask: how can we continue to center equity and culturally responsive-sustaining education as teaching and learning moves online? Guidance here on how to do this during COVID-19 & Remote learning.	Guidance on Culturally-Responsive Sustaining Remote Education: Centering Equity, Access, and Educational Justice
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Social and Emotional

Grade Level	Name of Resource	Description/Use	Website/App/Other
All	The Collaborative for Academic, Social, and Emotional Learning (CASEL)	SEL resources on COVID-19 for educators, parents and caregivers	CASEL: Resources & Guidance
All	Panorama Education	SEL and Self-Care Resources for Educators, Schools and Parents	SEL Resources: Educators, Schools & Parents
All	Yale: RULER	SEL resources on COVID-19 for educators, parents and caregivers	COVID-19 and RULER
All	Move this World	Move This World: resource library filled with exercises and activities that educators can share with families to support SEL at home and encourage families and students to prioritize their wellbeing during this difficult time. There are also free SEL video showcases that students can engage in independently, with their family members, or virtually as a class.	Move This World Resource Library
All	MDE SEL Resources	Resources for youth, parents, and school staff	MDE SEL Resources

Mental Health			
Grade Level	Name of Resource	Description/Use	
All	Mental Health America	Resources for Parents, Students and Educators. Resources for our most vulnerable populations: LGBTQ+, veterans, domestic violence survivors, etc. Includes wellness tips, fact sheets, managing stress and anxiety, mental health and remote work, financial support resources; screening tools, tools to connect with others, crisis lines, etc.	MHA Resource Page
All	Helping Children Cope With Changes Resulting From COVID-19: National Association of School Psychologists	Resources and advice for educators, parents and caregivers on how to support children as they cope with COVID-19 changes.	COVID-19 Helping Children Cope Resource Page
All	Care for your Coronavirus Anxiety Toolkit, a Project by Shine	Addresses several factors that might contribute to coronavirus anxiety, offering tools, techniques, and solutions to help address them.	Virus Anxiety
All	TRAILS to Wellness: Strategies for self-care During COVID-19	More students, families, and school staff than ever before are experiencing increased levels of stress, anxiety, and isolation, and will need mental health support. This page will be updated regularly with information and resources for supporting student and community mental health during COVID-19. This section contains resources for everyone , for school professionals , and for students .	TRAILS To Wellness

All	Oakland Community Health Network	Multiple trainings for all audiences, access to community providers for crisis response as well as ongoing mental health and community resources	OCHN
All	Mental Health First Aid- USA	Articles regarding recognizing anxiety and depression and self-care and helping during COVID 19	Mental Health First Aid & COVID-19
All	The Refugee Response	With fears growing during the Coronavirus pandemic, it's important to recognize signs of increased stress and anxiety and learn how to manage it.	Managing Anxiety During COVID-19 (English) *videos available in a wide variety of languages

Suicide Awareness & Prevention

Grade Level	Name of Resource	Description/Use	Website/App/Other
All	Suicide Prevention Resource Center	Resources to Support Mental Health and Coping with the Coronavirus (COVID-19)	SPRC & COVI-19 Resource Page
All	National Suicide Prevention Lifeline	National Suicide Prevention, routing to local resources/ crisis intervention, training materials etc.	Suicide Prevention Resource Document
All	Substance Abuse and Mental Health Services Administration	Resources for Suicide Prevention, multiple crisis lines	SAMHSA Suicide Prevention

Trauma Informed			
Grade Level	Name of Resource	Description/Use	Website/App/Other
All	NEW! Considerations for a Trauma-Informed Response - Oakland Schools July 2020	This resource serves to minimize and/or mitigate the negative effects of the COVID-19 Pandemic and create an environment where staff and students have the resilience to handle the uncertainty of this situation. Structured around SAMHSA's guiding principles, this resource provides guidance for building leaders and school staff as they navigate the impact of COVID-19 and the racial injustice pandemic on school communities.	Considerations for a Trauma-Informed Response -Oakland Schools, July 2020
All	Teaching Tolerance	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.	Trauma-Informed Teaching & COVID-19
All	Trauma Booklets	Psycho-educational Booklet-Series by the NOW Working Group Trauma Surviving	Trauma Booklets Website
All	Starr Commonwealth	Trauma is real, but it does not seal an individual's fate. Starr Commonwealth is driven to empower professionals to build resilience in children, families, and communities across the world through online education, in-person training and coaching, and direct behavioral	STARR Website



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		health services.	
All	Creating Trauma Sensitive Schools Initiative from Trauma and Learning Policy Initiative	Based on its publication, "Helping Traumatized Children Learn," TLPI has created an online community of educators engaging whole-school efforts.	Creating Trauma Sensitive Schools

Mindfulness			
Grade Level	Name of Resource	Description/Use	Website/App/Other
All	Finding calm in the midst of chaos	Full 8-week free-of-charge mindfulness course in Arabic, providing Arabic-speaking refugees vital tools for easing the trauma of facing and fleeing violence. Also available in English	Mindfulness in Arabic
All	Mindfulness Activities for Families (provided by MAISD Mindfulness Trainers)	Activities that teach coping skills that families can do together to increase healthy and safe conversations and feelings around the current state we are in right now. This will include printable handouts and links to free mindfulness activities.	SEL For Families Resource Folder <i>Folder updated weekly</i>
All	Mindful Schools	SEL through Mindfulness. Live free videos that teach coping skills, calmness, and connection. Tools for breathing and how the mind works. For educators, parents, and children	Mindfulness in Schools



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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.	Mindfulness List, Tips, Activities and More
Elementary	Cosmic Kids Zen Den	Mindfulness for kids ages 5+	Cosmic Kids Youtube
K-2	Mindfulness for Lower Elementary Students	A collection of fun practices from the Greater Good Science Center to introduce mindfulness or to supplement your current mindfulness curriculum for young children	Greater Good in Education: Mindfulness for Lower Elementary
3-5	Mindfulness for Upper Elementary Students	A collection of fun practices from the Greater Good Science Center to introduce mindfulness or to supplement your current mindfulness curriculum for upper elementary students	Greater Good in Education: Mindfulness for UPPER Elementary
6-12	Mindfulness for Middle and High School Students	A collection of practices from the Greater Good Science Center to introduce mindfulness or to supplement your current mindfulness curriculum for middle and high school students	Greater Good in Education: Mindfulness for Middle & High School Students

Restorative Practices

Grade Level	Name of Resource	Description/Use	Website/App/Other
All	Restorative Practices Whole-School Implementation Guide	San Francisco Unified School District comprehensive plan to implement RP district wide. Includes templates for parent communication and circle ideas that can be adapted for online circles.	Online Restorative Practices Whole-School Implementation Guide
All	Restorative Practices: Fostering	This guide contains many different examples of	Online Restorative



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	Healthy Relationships & Promoting Positive Discipline in Schools	restorative practices from the National Opportunity to Learn Campaign. In addition, the guide provides implementation tips and strategies, as well as examples from school districts.	Practices: Fostering Healthy Relationships & Promoting Positive Discipline in Schools Guide
All	Restorative Justice: Resources for Schools	Matt Davis from Edutopia shares resources and case studies that demonstrate how to bring restorative justice to schools or classrooms.	Edutopia Restorative Justice Resources