COVID-19 Support Resources

Compiled by the Center to Improve Social and Emotional Learning & School Safety

GENERAL COVID-19 RESOURCES

Centers for Disease Control and Prevention (CDC) COVID-19 Resources
Visit the CDC’s dedicated COVID-19 page for the latest updates, key information, and guidance on COVID-19 and what individuals, families, schools, and communities can do to slow the spread of the virus.

COVID-19 Community Economic Relief Fund
United Way
This fund can assist with bills, rent, and food. Call 1-866-211-9966 to get linked with resources in your zip code.

Guidance for Schools and Childcare Programs: Before and During an Outbreak
CDC
This page provides steps for schools and childcare centers to respond appropriately to the COVID-19 outbreak and includes FAQs, cleaning and disinfection recommendations, checklists for teachers and parents, and considerations for school closures.

RESOURCES FOR SCHOOL LEADERS & EDUCATORS

Office of Elementary and Secondary Education (OESE) Resources
U.S. Department of Education, Office of Elementary and Secondary Education (OESE)
This page offers resources including websites, webinars, guidance documents, practice briefs, and tools created by OESE, its technical assistance Centers, and other partners across the Department of Education and other government agencies to support K-12 education programs.

Promising Practices Brief: Improving Student Engagement and Attendance During COVID-19 School Closures
Insight Policy Research and American Institutes for Research (AIR)
The brief provides a resource to states and districts on promising practices in measuring and improving attendance and engagement during distance learning and extended school closures.

An Initial Guide to Leveraging the Power of Social and Emotional Learning As You Prepare to Reopen and Renew Your School Community
CASEL
This brief provides actionable recommendations to help school leadership teams plan for the SEL needs of all students and adults during the transition into summer and the beginning of the new school year.

Reunite, Renew, and Thrive: Social and Emotional Learning (SEL) Roadmap for Reopening School
CASEL
This thorough roadmap guides school leaders in reopening schools with equity-focused SEL strategies centered on relationships. Tools for implementation are integrated into the roadmap.
Guidance on Culturally Responsive-Sustaining School Reopenings: Centering Equity to Humanize the Process of Coming Back Together
Metropolitan Center for Research and Equity and the Transformation of Schools at NYU
This resource offers guidance to policymakers, district and school leaders, and school personnel on reopening schools with a focus on student-centered, culturally responsive teaching.

Back to School: Success Coaching Playbook
Brooklyn Laboratory Charter Schools, City Year, EL Education, The Forum for Youth Investment, The Mary Lou Fulton Teachers College at Arizona State University, Transcend, Turnaround for Children, and Dezudio
This virtual playbook unpacks the critical role of success coaching and SEL supports in providing all students and staff with a nurturing, trauma-responsive environment to work through the ongoing effects of racial oppression, COVID-19, and an economic downturn — together. It leverages insights from Brooklyn Laboratory Charter Schools (LAB) and others, using tools and resources relevant to success coaching and SEL supports in all K–12 instructional programs.

Learning as We Go: Principles for Effective Assessment During the COVID-19 Pandemic
The Evidence Project at CPRE
This paper summarizes the findings from a panel of assessment experts on diagnostic assessments and their role in helping educators and parents support student learning.

Blueprint for Testing: How Schools Should Assess Students During the COVID Crisis
FutureEd at Georgetown University
This guide to testing during the pandemic outlines how and when states, school districts, and schools should use assessments in this unprecedented period: to gauge student learning, help accelerate students to grade-level performance, and provide systems-level insights into educational recovery.

Getting Back to School after Disruptions: Resources for Making Your School Year Safer, More Predictable, and More Positive
Center on Positive Behavioral Interventions and Supports
This brief offers six strategies for school teams to ensure a safe, predictable, and positive school year.

Returning to School During and After Crisis
Center on Positive Behavioral Interventions & Supports (PBIS)
This webpage highlights resources to support the use of a multi-tiered systems of support (MTSS) framework to support students, families, and educators during the transitions back to school during and following the global pandemic in a manner that prioritizes their health and safety, social and emotional needs, and behavioral and academic growth.

SEL Resources for COVID-19
CASEL
This resource provides school personnel and parents support in attending to the social and emotional needs that arise during times like these. SEL offers a powerful means to explore and express our emotions, build relationships, and support each other — children and adults alike — during this challenging time.
Council of the Great City Schools  
This guide presents a set of overarching principles and strategies to address the SEL and mental health needs of students and adults during the COVID-19 pandemic. The guide then highlights some of the key efforts and resources offered from districts that have been identified as leaders in these areas.

Coming Back to Climate: How Principals Use School Climate Data to Lead Improvement  
The Aspen Institute Education & Society Program  
This brief provides practical guidance for school leaders to use climate data to draw in stakeholders to the work of continuous improvement and building equitable outcomes for students.

Webinar Series: Teaching and Leading in the Time of COVID-19  
Center on Great Teachers and Leaders at the American Institutes for Research (AIR)  
This webinar series, with accompanying handouts and other resources, focuses on trauma-informed strategies to serve students, educators, and communities during this unprecedented time.

8 Strategies for Building Belonging With Students and Families Virtually  
Panorama Education  
This resource explores research on belonging and connectedness, the key tenets of virtual communication for educators, and concrete, effective strategies for building virtual connectedness.

Integrating SEL in a Distance Learning World  
Transforming Education  
This two-page resource provides concrete SEL activities and lesson ideas that can be used in a distance learning environment.

Checklist: Building Developmental Relationships During the COVID-19 Crisis  
Search Institute  
This checklist provides concrete strategies for school staff and other adults to build developmental relationships with young people during the COVID-19 crisis.

A Trauma-Informed Approach to Teaching Through Coronavirus  
Teaching Tolerance  
Experts from the National Child Traumatic Stress Network share their recommendations for school leaders and educators supporting students during the COVID-19 crisis.

Supporting Learning and Well-Being During the Coronavirus Crisis: Practices for Educators and Parents  
Greater Good in Education  
This page offers free SEL lessons and mental health practices, divided by grade level. Educators can use these activities during virtual classes, and caregivers can use them at home.

Considerations for Teachers Providing Distance Learning to Students with Disabilities  
WestEd  
This brief provides guidance and resources to help educators support students with disabilities through distance learning prompted by the COVID-19 crisis.
**Academic Supports for Students with Disabilities**
Annenberg Institute for School Reform at Brown University
Part of a series of reports from the EdResearch for Recovery Project, this evidence brief provides guidance for educating K-12 students with disabilities during the COVID-19 pandemic. The brief suggests that delivering one-on-one or small-group interventions is the most effective way to address learning gaps.

**Reaching, Teaching, and Empowering Families During the COVID-19 Pandemic**
REL West
This condensed interview, along with this longer webinar recording, discusses how to successfully engage with students and their families, particularly those among vulnerable populations, to support continued learning during the COVID-19 pandemic.

**Supports for Students and Families Experiencing Homelessness During the COVID-19 Pandemic**
U.S. Department of Education’s Office of Safe and Supportive Schools (OSSS) and Readiness and Emergency Management for Schools (REMS) TA Center
This recorded webinar focuses on students and families experiencing homelessness during the COVID-19 pandemic.

**Responding to COVID-19: Brief Action Steps for School Crisis Response Teams**
National Association of School Psychologists
This resource provide guidance for school leaders and crisis response teams and includes information about continuity of services and recovery planning.

**Coronavirus: Multilingual Resources for Schools**
Colorin Colorado
Dedicated to educators and families of English language learners, Colorin Colorado has curated an extensive list of multi-lingual resources from across the country to help schools share accurate and useful information about coronavirus with staff and families, including families of English language learners.

**Care for the Caregiver: Guidelines for Administrators and Crisis Teams**
National Association of School Psychologists (NASP)
This resource details risks and stressors for school staff, warning signs of burnout, administrative strategies to support staff, and self-care strategies.

**Psychological First Aid for Schools (PFA-S) Provider Care**
National Child Traumatic Stress Network (NCTSN)
This three-page tip sheet provides a succinct overview of common and extreme stress reactions, helpful procedures to minimize distress, and a self-care worksheet and tips.

**Supporting Grieving Students During a Pandemic**
Coalition to Support Grieving Students
This brief guide underscores of the unique characteristics of grief during a pandemic and highlights resources on the Coalition to Support Grieving Students website for addressing these challenges.
MENTAL HEALTH RESOURCES TO SHARE WITH STAFF AND/OR FAMILIES

**SAMHSA’s Disaster Distress Helpline**
Call 1-800-985-5990 or text TalkWithUs to 66746
The toll-free, multilingual helpline provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

**Taking Care of Your Mental Health in the Face of Uncertainty**
*American Foundation for Suicide Prevention*
As the COVID-19 outbreak continues to evolve, the uncertainty can make it hard to cope. This resource includes five things adults can do to take care of their own mental health.

**Manage Anxiety and Stress**
*CDC*
This information provides guidance on how to deal with the stress and anxiety caused by the COVID-19 outbreak and includes tips for parents, responders, and people who have been released from quarantine.

**Care for Caregivers: Tips for Families and Educators**
*National Association of School Psychologists (NASP)*
Caregivers must take good care of themselves so they are able to take good care of the children in their charge. This resource is a succinct list of considerations for caregivers to prevent burnout, including healthy habits.

**When Terrible Things Happen: For Adults**
*National Child Traumatic Stress Network (NCTSN)*
This three-page tip sheet from the Psychological First Aid for Schools Field Operations Guide lists immediate and continuing reactions to an emergency, including potential positive changes in worldview. It also includes a checklist of coping strategies that do and do not help.

RESOURCES TO SHARE WITH PARENTS, GUARDIANS, AND CAREGIVERS

**#PlayAtHome with Playworks**
*Playworks*
To help kids stay engaged and interact with one another, Playworks created a Play at Home Playbook, along with free video tutorials of games that follow CDC guidelines and can be played at home with little to no equipment. Playworks has also been broadcasting #PlayAtHome Recess live on Facebook.

**SEL Resources for COVID-19**
*CASEL*
This resource provides school personnel and parents support in attending to the social and emotional needs that arise during times like these. SEL offers a powerful means to explore and express our emotions, build relationships, and support each other – children and adults alike – during this challenging time.
Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)
National Child Traumatic Stress Network
This resource will help parents and caregivers think about how the COVID-19 outbreak might affect their family—both physically and emotionally—and what they can do to help their family cope. Available in English, Spanish, and Chinese.

Helping Homebound Children During the COVID-19 Outbreak
Center for the Study of Traumatic Stress
This 2-page resource outlines key steps to supporting students and families as they cope with the social isolation, changes in routine, other challenges that may arise when schools are closed and students are home.

Talking to Kids about the Coronavirus
Child Mind Institute
This 4 minute video and accompanying information provides expert advice on how to talk to kids about coronavirus in a way that helps them feel less worried.

Talking to Children about COVID-19 (Coronavirus): A Parent Resource
National Association of School Psychologists, National Association of School Nurses
This 4-page resource outlines ways parents can support their children as the COVID-19 outbreak continues to evolve and includes age-appropriate talking points.

How You and Your Kids Can De-Stress During Coronavirus
PBS for Parents
Visit PBS for strategies to help younger children de-stress and includes related videos from Daniel Tiger, Elmo, and other PBS Kids shows.

My Kid’s School is Closed, So Now What?
Confident Parents Confident Kids
This resource provides strategies for parents and guardians to support the social, emotional, and mental health of their children during the COVID-19 pandemic.

California Surgeon General’s Playbook: Stress Relief for Caregivers and Kids During COVID-19
Office of the California Surgeon General
This guide provides concrete strategies for parents and guardians to help children reduce and manage stress.

The findings, conclusions, recommendations, or other content contained in these materials are those of their authors or developers and do not necessarily reflect positions or policies of WestEd.

This document was prepared by the Center to Improve Social and Emotional Learning and School Safety at WestEd through a cooperative agreement with the U.S. Department of Education under grant S424B180004. Its content does not necessarily reflect the views or policies of the funder, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.