CENTER TO IMPROVE
Social and Emotional
Learning and School Safety
WestEd

COVID-19 Support Resources

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

GENERAL COVID-19 RESOURCES

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.

RESOURCES FOR SCHOOL LEADERS & EDUCATORS

[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 PBIS Center 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.

[Addressing Mental Health and Social-Emotional Wellness in the COVID-19 Crisis: A Resource Guide for School Districts](#)
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 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.

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.

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.