




DIGITAL SOCIAL EMOTIONAL TOOLKIT

Icon Key:

 Available in English & Spanish.	 Family Resource	 Visual Resource	 Classroom Program Resource
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RESOURCES FOR THE PANDEMIC

This section of resources provides support for children, families and education staff dealing with the pandemic.

Check out this short video from National Center for Pyramid Model Innovations about these resources:

Back to School During COVID-19: Resources & Practices for Promoting Social Emotional Learning in Young Children with Disabilities https://www.youtube.com/watch?v=WH3U_qX5Sfw&feature=youtu.be



- Helping Your Child During the Pandemic
https://challengingbehavior.cbcs.usf.edu/docs/Pandemic_family_infographic.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Pandemic_family_infographic_sp.pdf
- Rebuilding the Pyramid: Reconnecting After a Break
<https://challengingbehavior.cbcs.usf.edu/docs/Rebuilding-the-Pyramid.pdf>
https://challengingbehavior.cbcs.usf.edu/docs/Rebuilding-the-Pyramid_SP.pdf
- Re-Connecting and Building Relationships with Infants
https://challengingbehavior.cbcs.usf.edu/docs/Reconnecting_Infants.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Reconnecting_Infants_SP.pdf
- My Teacher Wants to Know
<https://challengingbehavior.cbcs.usf.edu/docs/My-teacher-wants-to-know.pdf>
https://challengingbehavior.cbcs.usf.edu/docs/My-teacher-wants-to-know_SP.pdf



- Greetings Board for Social Distancing
https://challengingbehavior.cbcs.usf.edu/docs/Greeting-Board_EN-SP.pdf



- Helping Children Understand Emotions When Wearing Masks (Wearing Masks Scripted Story and Tip Sheet)
https://challengingbehavior.cbcs.usf.edu/docs/Wearing-Masks_Tipsheet.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Wearing-Masks_Story.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Wearing-Masks_Story_SP.pdf



- I Can be Safe and Healthy by Washing My Hands!
https://challengingbehavior.cbcs.usf.edu/docs/washing-hands_story.pdf
https://challengingbehavior.cbcs.usf.edu/docs/washing-hands_story_sp.pdf

SUPPORTING SOCIAL-EMOTIONAL MENTAL HEALTH

This section of resources provides support for children, families and education staff in supporting social-emotional mental health.



TRAUMA AND RESILIENCE

- Supporting Children Experiencing Trauma
<https://eclkc.ohs.acf.hhs.gov/video/supporting-children-experiencing-trauma>
- Children's Response to Tragic Events
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/response-to-crisis-english.pdf>
- Helping Your Child Cope After Disaster
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/coping-with-disaster-eng.pdf>
- Spotlight on Child Maltreatment: Building Resilience in the Face of Adversity
<https://eclkc.ohs.acf.hhs.gov/children-disabilities/article/spotlight-child-maltreatment-building-resilience-face-adversity>
- Mindfulness: A Resilient Practice
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/earlyedu-mindful-presentation.pdf>

MENTAL HEALTH CONSULTATION

- The Mental Health Consultation Tool
<https://eclkc.ohs.acf.hhs.gov/mental-health/learning-module/mental-health-consultation-tool>
- Family Connections: A Mental Health Consultation Model
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/family-connections-mental-health-consultation-model>
- Infant Early Childhood Mental Health Consultation: Engaging with Families
<https://eclkc.ohs.acf.hhs.gov/publication/infant-early-childhood-mental-health-consultation-engaging-families>

SUBSTANCE USE

- Substance Use Disorder and Recovery
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/substance-use-disorder-recovery>
- Head Start and the Opioid Crisis: Video Series
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/head-start-opioid-crisis-video-series>
- The Impact of Substance Use Children on Children and Families Webinar Series
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/impact-substance-use-children-families-webinar-series>



SELF-CARE FOR PROVIDERS AND FAMILIES



- Taking Care of Ourselves: Stress and Relaxation
<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/taking-care-ourselves-stress-relaxation>
- Posters of Effective Strategies to Reduce Stress
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/stress-posters-eng.pdf>
- Relaxation Bookmarks
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/relaxation-bookmarks.pdf>
- Relaxation Exercises
<https://eclkc.ohs.acf.hhs.gov/family-support-well-being/article/relaxation-exercises>
- Managing Stress with Mindful Moments
<https://eclkc.ohs.acf.hhs.gov/mental-health/article/managing-stress-mindful-moments>

RESOURCES FOR FAMILIES

This section of resources provides social and emotional supports and information for children and families at home and can be shared by home visiting staff or other education staff with families.



- Social Emotional Tips for Families with Infants
[Social-Emotional Tips for Families with Infants](#)
- Social Emotional Tips for Families with Toddlers
[Social-Emotional Tips for Families with Toddlers](#)
- The Importance of Schedules and Routines
<https://eclkc.ohs.acf.hhs.gov/about-us/article/importance-schedules-routines>
- Interactions & Connections: Tips for Families handouts
<https://cultivatelearning.uw.edu/resource-spotlight/interactions-and-connections/>
- Parent Posters to Increase Positive Social Emotional Interactions
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/parent-poster-increase-s-e-eng.pdf>



- Family Engagement: Backpack Connection Series
<https://challengingbehavior.cbcs.usf.edu/Implementation/family.html>
- Taking a Break: Using a Calm Down Area At Home
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down-Area_Tipsheet.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down-Area_Tipsheet_SP.pdf



- We Can Be Problem Solvers at Home
https://challengingbehavior.cbcs.usf.edu/docs/ProblemSolving_Story_Home_EN.pdf
https://challengingbehavior.cbcs.usf.edu/docs/ProblemSolving_Story_Home_SP.pdf



- Solution Kit: Home Edition
https://challengingbehavior.cbcs.usf.edu/docs/Solution_kit_cards_home.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Solution_kit_cards_home_SP.pdf
- Tucker Turtle Takes Time to Tuck and Think at Home
https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf
https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home_SP.pdf
- Helping Us Stay Calm: Strategies that help you and your child during challenging behavior
https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic_SP.pdf
- Help Us Calm Down: Strategies for Children
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down_Poster_EN.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down_Poster_SP.pdf

RESOURCES FOR TEACHERS AND CLASSROOMS/PROGRAMS

This section of resources provides social and emotional supports and information for education staff to building nurturing relationships, quality learning environments and targeted social skills. These resources help children develop social and emotional skills.

RELATIONSHIPS



- Some Starters for Giving Positive Feedback and Encouragement
https://challengingbehavior.cbcs.usf.edu/docs/ToolsBuildingRelationships_starters-for-giving-positive-feedback.pdf
- 21 Ways to Foster a Connection with a Child & 50 Ways to Encourage a Child
[21 Tips for Teachers to Foster Connections](#)
- Building Positive Relationships with Young Children
<https://challengingbehavior.cbcs.usf.edu/docs/building-positive-relationships-with-young-children.pdf>



- Emotional Piggy Bank: Fill up a child's "piggy bank" everyday
<https://challengingbehavior.cbcs.usf.edu/docs/Emotional-piggy-bank.pdf>
- Positive Behavior Stickers
[Positive Behavior Stickers](#)

SUPPORTIVE ENVIRONMENTS



- NCPMI Transition Visual Cards
https://challengingbehavior.cbcs.usf.edu/docs/Transition-visual_cards.pdf
- Our Preschool Rules (social story)
https://challengingbehavior.cbcs.usf.edu/docs/Our-Preschool-Rules_Story.pdf



- Stop and Go Activity
https://challengingbehavior.cbcs.usf.edu/docs/Stop-Go_Activity.pdf



- Behavior Expectations Strategies and Poster
https://challengingbehavior.cbcs.usf.edu/docs/Expectations_EN-SP.pdf
- Going to School (social story)
https://challengingbehavior.cbcs.usf.edu/docs/Going-to-School_Expectations_Story.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Going-to-School_Expectations_Story_SP.pdf

EMOTIONAL LITERACY



- Feeling Faces: This is How I Feel Today (check-in chart)
https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_chart_template.pdf
- Discovering Feelings (activity)
<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/discovering-feelings.pdf>



- Feeling Faces Cards
https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_cards_EN-SP.pdf
- Feeling Wheel
https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_Wheel.pdf

SELF-REGULATION AND CALM DOWN STRATEGIES



- Classroom Visuals and Supports: Emotional Regulation Visual Cards
<http://headstartinclusion.org/teacher-tools#visual>
- Self-Regulation Skills: Relaxation Thermometer
<https://challengingbehavior.cbcs.usf.edu/docs/Relaxation-Thermometer.pdf>
- Self-Regulation Skills: Breathing Strategies
<https://challengingbehavior.cbcs.usf.edu/docs/Smell-Blow.pdf>
- Tucker Turtle Song and Finger Play
<https://challengingbehavior.cbcs.usf.edu/docs/Tucker-finger-play-songs.pdf>
- The Turtle Technique
https://challengingbehavior.cbcs.usf.edu/docs/TurtleTechnique_steps.pdf



- Tucker Turtle Takes Time to Tuck and Think
https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf
https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_sp.pdf



- Help Us Calm Down: Strategies for Children
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down_Poster_EN.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Calm-Down_Poster_SP.pdf
- Helping Us Stay Calm: Strategies that help you and your child during challenging behavior
https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic.pdf
https://challengingbehavior.cbcs.usf.edu/docs/Stay-Calm_Infographic_SP.pdf

FRIENDSHIP SKILLS AND PROBLEM SOLVING



- Classroom Visuals and Supports: Friendship Kit
<http://headstartinclusion.org/teacher-tools#visual>
- Peer Mediated Skills
<https://challengingbehavior.cbcs.usf.edu/docs/Peer-Mediated-Skills.pdf>
- Solution Kit: Classroom Edition
https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_solution-kit.pdf
- Classroom Visuals and Supports: Problem Solving
<http://headstartinclusion.org/teacher-tools#visual>
- Problem Solving Steps: Wrist Cards
https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_problem-solving-steps_wrist.pdf
- Problem Solving Notes
<https://challengingbehavior.cbcs.usf.edu/docs/problem-solving-notes.pdf>
- We Can Be Problem Solvers (social story)
https://challengingbehavior.cbcs.usf.edu/docs/ProblemSolving_Story.pdf

RESOURCE LINKS

All of these resources and more can be found on the following websites:

- Head Start Early Childhood Learning and Knowledge Center (ECLKC)
<https://eclkc.ohs.acf.hhs.gov/>
- National Center for Pyramid Model Innovations
<https://challengingbehavior.cbcs.usf.edu/>
- Head Start Center for Inclusion
<http://headstartinclusion.org/>
- Cultivate Learning University of Washington: Circle Time Magazine (Season 2)
<https://cultivatelearning.uw.edu/circle-time-magazine/>

