

METROWEST KIDS INITIATIVE



Social-Emotional Learning Resource Guide for Families

Over the past year, children, families, communities, and educators alike have been grappling with the emotional impact of the global pandemic — one that has had a disproportionate toll on low-income communities and communities of color. The need for social-emotional learning has never been higher, and this one-pager offers resources for families hoping to implement strategies at home.

1 CASEL Parent SEL Resources

casel.org/parent-resources/

A curated list of resources selected by CASEL staff that focus on the role of parents and parenting in social and emotional learning (SEL)

2 Edutopia's Parent's Resource Guide to SEL

edutopia.org/sel-parents-resources

A curated list of articles and videos for parents

3 UIC's Parent Resources

sel.lab.uic.edu/parent-resources/

A thoughtfully curated list of resources that might assist parents in learning more about social and emotional learning in schools or in their own parenting practices with their children

4 The Parent Academy

parentacademymiami.com/virtual-campus/

A Virtual Campus of resources on many aspects of student support, including social emotional development

5 Turnaround for Children

turnaroundusa.org/household-and-remote-school-routines-and-procedures-checklist/

A checklist intended to support families in the planning of household and remote schooling routines

6 Playworks Play at Home

playworks.org/wp-content/uploads/2020/08/Play-At-Home-Playbook-8.14.20.pdf

Play-at-home games for children that can be led by families, caring adults, and peers

7 Emotions at Home

www.marcbrackett.com/emotions-at-home-how-do-we-want-to-feel/

This article provides instructions on how to create a written document, Family Charter, that details how everybody in your home wants to feel

8 Enhancing & Practicing Executive Function Skills

developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/

This 16-page guide describes a variety of activities and games that represent age-appropriate ways for adults to support and strengthen various components of executive function and self-regulation in children

Rennie Center Resources



renniecenter.org/research/back-school-blueprint

An interactive series of research-based, online action guides to help schools support students this school year, including a family guide to remote learning