We would like to share some Social Emotional Learning (SEL) resources that may be helpful to students, parents, and families during this time outside of school. For more information about how to talk with your children about COVID-19, check out: [https://childmind.org/](https://childmind.org/). We hope this information offers new and familiar ways to relax and have fun too! Remember, we are here to help and can be contacted by the emails listed to the right. Stay healthy! ~ From your SEL Team

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**Concord Elementary School**

Visit the Virtual Relaxing Room: [https://sites.google.com/view/virtualrelaxationroom/home](https://sites.google.com/view/virtualrelaxationroom/home)

**Cass Junior High School**

How to study with zero motivation: [https://www.youtube.com/watch?v=9oW0socN7qg](https://www.youtube.com/watch?v=9oW0socN7qg)

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**This ZONES visual helps children**
self-identify how they’re feeling and categorize it based on color. That way they can **better understand their emotions, sensory needs, and thinking patterns.**

[Diagram of ZONES visual]

**Deep breathing, or belly breathing, as we practice in school, helps get more oxygen into the lungs. It can help you calm down and lower stress.**

[Diagram of deep breathing]

**Just like our morning announcements, “Always be kind to one another.”**

[Heart emoji]

**Positive Thinking**
changes our outlook and attitude. It can make us feel calmer in stressful situations.

[Diagram of positive thinking]

**Being mindful helps us bring awareness to our thoughts and feelings.**

[Diagram of mindfulness]

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