

Mayfair Lab 5-8 Guidance Resources

- [Second Step](#) is offering free social and emotional learning activities for ages 5-13, a podcast for families and a mindfulness program. **(District Approved Curriculum)**
- [National PTA](#) has developed a number of resources for families concerned about remote learning and stress and anxiety related to COVID-19.
- [The Association for Career and Technical Education](#) has compiled a list of resources for distance learning as well as free online courses.
- [CASEL](#) has collected a number of resources to assist in addressing students' social and emotional needs.
- National Center for Learning Disabilities offers a [guide for parents](#) for online learning for students with learning disabilities.
- [Sanford Harmony](#) at National University provides social and emotional learning tools for pre-K-6.
- [Common Sense](#) has curated a list of tools to assist children with special needs or learning differences that should be helpful to parents during school closures.
- [NEWSELA](#) offers social/emotional learning lessons students can complete remotely.
- [BrainPOP](#) provides movies with social/emotional learning components that students can watch and respond to.
- Because kids are participating in more digital learning, offer a refresher on [digital safety, cyberbullying, etc.](#)
- [The New York Times](#) is offering writing prompts, interactive discussions, documentaries and contests (updated every weekday)
- Now is a great time to check out [Google Expeditions](#), where you'll find virtual field trips and AR experiences.
- [Everfi](#) offers free online courses for **K-12** students on financial education, STEM, career readiness, health and wellness, social-emotional learning, and more. **(District Approved Curriculum)**.
- [Centervention](#)'s game-based behavior interventions help students practice social and emotional skills.
- [The Original Ned Show](#) offers "fun stuff for home," including printables about responsibility, making good choices, etc.
- [Seesaw](#) is a remote learning platform, but the home-learning tips for families may be helpful for school counselors to share.
- The Special Olympics [GenerationUnified.org](#) has an abundance of video content and amazing stories to help keep you inspired and uplifted.
- Older students may be interested in learning how to journal with [Mayo Clinic's Gratitude Challenge](#).
- Students may want to tour college campuses [here](#) and [here](#), since they can't visit in real life.
- [Inside SEL](#) links to a number of social/emotional learning resources.
- In terms of free resources for a variety of learning or enrichment needs, note that for younger students, free streaming is available from [Pluto TV](#) and [Kanopy](#), the [Metropolitan Opera](#) offers free access to nightly streaming and [Scholastic Learn at Home](#) is offering 20 days of free access (up to three hours per day). Additionally, ASCA member Holly Altiero has developed a webpage of [education companies offering free subscriptions](#) due to school closings.