

# Resources for Families

INHALE. EXHALE. YOU GOT THIS.

Resource Description	Resource Link
Strategies for families	<a href="#">Bringing SEL home</a>
SEL videos	<a href="#">Videos for home</a>
SEL at home	<a href="#">Resources for Home</a>
Second Step: free SEL podcast for families (Ages 5-13)	Second Step is offering <a href="#">free social and emotional learning activities for ages 5-13</a>
DESE Resources for families before re-entering school	<a href="#">Dual Capacity-Building Framework for Family-School Partnerships</a>
DESE Resources for families before re-entering school	<a href="#">Engaging Families Using the MTSS Model: Love in the Time of COVID</a>
DESE Resources for families before re-entering school	COVID-19 <a href="#">mental health resources for families and children</a>
DESE Resources for families before re-entering school	<a href="#">Prenatal through young adulthood family engagement framework</a>
Link for National Alliance for Mental Illness--resources for supporting kids during COVID	<a href="https://nami.org/Home">https://nami.org/Home</a>
Headspace app for meditation and sleep made simple	<a href="https://www.headspace.com/">https://www.headspace.com/</a>

Meditation app for good sleep	<a href="https://www.calm.com/">https://www.calm.com/</a>
7Mind app to help achieve mindfulness	<a href="https://www.7mind.de/en">https://www.7mind.de/en</a>