Instructional Resources for Students

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| **Elementary** | **Middle** | **High** |
| Centervention <https://www.centervention.com/> | Centervention <https://www.centervention.com/> | Chatter High <https://chatterhigh.com/en/support_landing> |
| Everfi Virtual SEL [Teacher Remote Learning](https://everfi.com/k-12/teacher-remote-learning/)Sanford Harmony <https://www.sanfordharmony.org/> | Everfi Virtual SEL [Teacher Remote Learning](https://everfi.com/k-12/teacher-remote-learning/)Sanford Harmony (6th grade) <https://www.sanfordharmony.org/> | Everfi Virtual SEL [Teacher Remote Learning](https://everfi.com/k-12/teacher-remote-learning/) |

Staff Resources

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| **Professional Learning** |
| Canvas Course- SEL 78760 [SEL Canvas Course](https://ucps.instructure.com/courses/78760) |
| Friday Institute: SEL for Educators [Friday Institute-SEL Course](https://place.fi.ncsu.edu/local/catalog/course.php?id=20&ref=1) |
| Self-Assessment-SEL [Teacher Self Assessment Guide](https://drive.google.com/file/d/1VLZc0AwQpyjfQFNHljjADWOrv_I5L2Id/view) |
| **Instructional Resources** |
| Practicing Inclusiveness [Inclusiveness and Cultural Responsiveness](https://drive.google.com/file/d/1AOlgDEpZfOIoFoUfUXRjhggVUkgO4iM4/view) |
| Gratitude Lessons (Middle & High) [Gratitude\_Curriculum](https://ggsc.berkeley.edu/images/uploads/GGSC_Gratitude_Curriculum_MS_HS.pdf) |
| SEL in the Classroom [SEL Instruction- It's everywhere](https://www.commonsense.org/education/articles/we-all-teach-sel-inspiring-activities-for-every-classroom) |
| **Self-Care** |
| Tips for Taking Care of Yourself [Self Care](https://drive.google.com/file/d/1VbsYNSgf795InPkEY7TVx4wp4Wzn-Zw9/view?usp=sharing)  |
| Teacher Self-Care Teacher Self-CareHealthy Minds Innovations [Well Being Resources](https://sites.google.com/ucps.k12.nc.us/pwms-peaceful-place/home) Calm [Calm App](https://www.calm.com/)   |
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Parent Resources

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| Coping Skills [Confident Parents-Coping](https://confidentparentsconfidentkids.org/) |
| Mindfulness Strategies for Adults [Mindfulness for Adults](https://go.panoramaed.com/webinar/mindfulness-strategies-wellness) |
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