



# The Parent & Child Emotional Survival Kit

For Pandemic and Beyond

**Our goal is to provide emotional support and positive experiences to uplift you and your children while you're confined to home. Accordingly, we've assembled a one-of-a-kind toolkit of meaningful and fun activities to benefit your family, now and long-term.**

The EQuip Our Kids! Survival Kit allows you easy access to an array of mostly free interactive resources for parents and kids – online programs, videos, games and apps from a variety of respected sources. Collectively, they cover every age from birth through high school. Your children and you can learn some of these effective ways of relating to yourselves and others on your own. Others enable you to work together learning how to manage painful reactions, better cope with adversity, and create a happier, healthier mood in your home.



**34%**

U.S. adults whose mental health is impacted by the pandemic (U.S. Census Bureau)



**50%**

U.S. children seriously stressed by the pandemic (Global Strategy Group)



**10-15%**

U.S. schools that fully implement Social-emotional Learning curriculum

## Who It Helps and How It Helps

The Toolkit is meant for all families – whether you're feeling deep distress, managing confidently or are at any point between these extremes. As a parent, you may be distressed over financial pressures, trying to work from home while also caring for your children, angered or feeling depressed or isolated yourself. Rifts between couples feeling "caged" and parents and children can arise. In fact, for most of us, emotions can change from day to day, even hour to hour.

Children's emotions also vary greatly and can be activated by seeing fear or anger in their parents, by disruption in their regular

routines and favorite activities, and by isolation from other kids. Normally easy-going, good-natured kids can experience tantrums, anxiety, depression or rebellion. This just adds to the stress parents already feel.

You will find this Toolkit a helpful resource to enhance family relationships at a difficult time – helpful also to build new skills for yourself and your children in managing emotions and in relating well with others – immensely valuable every single day.

## You Can Teach Happiness Through Social-Emotional Learning

That's the term educators use for what the Toolkit provides – teaching children the emotional intelligence (EQ) and social skills to manage their emotions, set and achieve positive goals, create and maintain healthy relationships, solve problems and make responsible decisions – all necessary to excel in school, life and work and to be one's best self at any age.

**EQ skills enable us to change reactivity and conflict into caring, creativity and productivity.**

Children learn how to create positive relationships and behaviors – within themselves and with others. Research on school-adoption of social-emotional curriculum has consistently shown tremendous positive student and school outcomes when children master EQ skills, as well as greatly enhanced potential of life success and happiness through adulthood.

## Getting Your Schools Involved

If your school is providing online classes during the pandemic, ask the school to include EQ skills lessons. Just as important, insist that once school reopens proven social-emotional learning continues in classrooms. There will be much that has changed when kids get back to school. These skills will be more important than ever.

The bigger picture is that the best school and life outcome for your child and all children lies in schools where all kids learn these skills and then relate to each other and life in the co-creative, high-performing, collaborative, caring and happiness-making ways this learning provides.

We are deeply grateful to the educators and child development experts who created these EQ practices and then created the movement to promote them. It holds the promise of tremendous outcomes for children, families, communities, workplaces and society.

**17.2%**

Of school-aged kids seriously consider suicide

**20.2%**

Of kids 12 – 18 experience bullying

## Resources for Home

### Parent Toolkit

<https://www.today.com/parenting-guides/social-skills>

Free. From the NBC network, a thoughtful and attractive assemblage of print and video resources along with links to helpful other websites (some also listed here). With parent guidance added by NBC. Covers all pre-schoolers and grades. English and Spanish.

### Jesse Lewis Choose Love

[www.jesselewischooselove.org/choose-love-extensions/](http://www.jesselewischooselove.org/choose-love-extensions/)

Free. Offers programs from toddler through grade 12. Mostly videos for home viewing accompanied by print materials and practice exercises. Offers special programs for coronavirus time. Founded by Sandy Hook mother Scarlett Lewis who determined that the young man who killed her son and 19 other children would not have had he experienced similar curriculum. She then decided to bring experts together to create programs that could be easily taught, with teachers or parents learning as they shared rather than needing to take initial training themselves.

### Vanderbilt University

[csefel.vanderbilt.edu/resources/training\\_parent.html](http://csefel.vanderbilt.edu/resources/training_parent.html)  
[csefel.vanderbilt.edu/resources/family.html](http://csefel.vanderbilt.edu/resources/family.html)

Free. Primarily for pre-school and younger. Covers six different areas of child development and parent-child interaction in a combination of well-tested readable materials and some videos. The readables can be viewed by downloading a free Adobe Reader or with PowerPoint. In both English and Spanish.

## PBS Learn, Grow

[www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](http://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)

Free. For Ages 2 to 8. A treasure trove of games, TV shows, apps, activities and coloring books. In four umbrella categories: Emotions & Self-Awareness, Social Skills, Character, and Literacy. Collectively, these include most subsets of emotional and relationship intelligence familiar to teachers of social-emotional curriculum and play.

## PBS Sesame Street

[www.pbslearningmedia.org/collection/esame-street-social-development/](http://www.pbslearningmedia.org/collection/esame-street-social-development/)  
[www.pbslearningmedia.org/collection/esame-street-emotional-development/#XoOstohKhPY](http://www.pbslearningmedia.org/collection/esame-street-emotional-development/#XoOstohKhPY)

Free. Sesame Street offers a collection of short videos for grades Pre-K to 1. In its Sesame Street way, these deal with child emotional and social skills development. They cover issues such as emotional awareness, managing tough feelings, perseverance, patience, conflict resolution, and the like. These videos don't provide the deeper practice and teaching experiences offered by other sources listed here. They do, however, plant good seeds in a child's awareness and developing value system.

## Kids in the House

[www.kidsinthehouse.com/](http://www.kidsinthehouse.com/)

Mixes free elements with pay-for content. A gigantic site of resources – articles, videos and other media – covering an extensive variety of parenting situations at home. Its online store focuses on child products, from toys to strollers to baby watch cameras. Has extensive at-home social-emotional learning offerings in videos, print, and other formats (possibly the biggest such library online). Has an Experts-to-Hire directory and a live TV show. Covers birth through teens but not in each offering section.

## Second Step

[www.secondstep.org/covid19support](http://www.secondstep.org/covid19support)  
[www.secondstepsela.org](http://www.secondstepsela.org)

Free. Second Step is curriculum created by Committee for Children which has been popular among SEL-oriented schools for many years. Families (and educators) can now access Second Step Emotional Management lessons for early learners and Grades K–5 as their response to home confinement. Videos and Lesson Guides feature Committee for Children experienced teachers and counselors. Will soon launch an SEL training for adults

## Zero To Three

[www.zerotothree.org/resources/series/developing-social-emotional-skills](http://www.zerotothree.org/resources/series/developing-social-emotional-skills)

Free. This is parent/child social-emotional learning in three different age categories: 0 to 12 months, 12 to 24 months and 24 to 36 months. Offers plentiful skills and mindsets curriculum that parents can teach their children. Also provides guidance for parents in dealing with other elements of their child's development and family life (with some bonus guidance for grandparents). Has a coronavirus help section.

## Six Seconds

[www.6seconds.org/grow/](http://www.6seconds.org/grow/)  
<https://youtube.com/PqVaHU5-lfg>

Free offerings and paid classes. Strongly focused on adults and parents developing their own emotional intelligence along with how to teach it to children, up through their teens. One of the pioneer program developers in the field with a broad international reach. Relies primarily on videos and live online classes, including a current series tackling the pressures of coronavirus era (for which is charging half normal price of \$7.50). Has certificate training programs in EQ for teachers, coaches, and consultants.

## Kreative Leadership

[www.youtube.com/channel/UC8CcssPJ0drSvFQ2nAq1TKSQ/videos](http://www.youtube.com/channel/UC8CcssPJ0drSvFQ2nAq1TKSQ/videos)

Free. One of the more delightful and useful collection of mostly short animated videos for toddlers through K-5. Covers several SEL areas including emotions and emotional intelligence, communications and listening skills along with such topics as critical thinking, bullying and screen addiction. Plus offers some fun interactive games.

## Purpose Prep

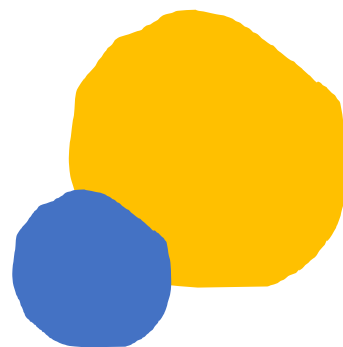
[purposeprep.com/other/livecovid19selwebinars/](http://purposeprep.com/other/livecovid19selwebinars/)

Free. Among the more successful in-school social-emotional learning curriculum providers; adopted by many schools. Offers an ongoing new series of webinars for parenting in the coronavirus era. Also is developing a home parenting social-emotional learning website section drawing on its popular in-school programs.

## Emotional ABCs

[www.EmotionalABCs.com](http://www.EmotionalABCs.com)

Free videos and paid online curriculum teaching basic emotional life skills for ages 4 to 11 in fun and clever gaming ways. Builds skills in a step-by-step process with short videos and engaging interactive activities. Students earn online games, cards, and prizes as they advance. Coordinated printables, cards, and certificates allow for offline activities. Mostly used by schools but parents can purchase.



## True Connection

[www.true-connection.org/](http://www.true-connection.org/)

[www.true-connection.org/adult-resources](http://www.true-connection.org/adult-resources)

Free for 30 days. A program for 7–12 year-olds adopted in a number of schools and chapters of Boys and Girls Club, among others. Elements that work at home are now available for families. The subject matters: “Overcoming Fear” and “Love in Action”. Videos, print materials and art guidance. Also offer an adult section with videos covering “7 Levels of Energy,” emotional triggers, a 5-minute mediation and a 5-minute breathing exercise to relieve stress.

## Zip Zap Zop Entertainment

[zipzapzopenrichment.com/](http://zipzapzopenrichment.com/)

[www.youtube.com/channel/UC6RS\\_ZV09DZD\\_M-J3IT7ig/videos](https://www.youtube.com/channel/UC6RS_ZV09DZD_M-J3IT7ig/videos)

Asks for donations. Unique in that its core offering are improv games embedded with emotional intelligence and social skills learning. Offers live sessions as well as many video examples of games parents can play with kids or show children how to play. Strong also for Autism kids. Now mounting Zoom half-hour classes Mondays through Saturdays for kids 7–13. Signups at: <https://www.cognitofirms.com/ZipZapZopEnrichment1/ZipZapZopVirtualRecess>

## Wings

[wingsforparents.org/](http://wingsforparents.org/)

[www.wingsforkids.org/online-support-relationship-skills-for-kids-families/](http://www.wingsforkids.org/online-support-relationship-skills-for-kids-families/)

Free mostly, with \$3 fee for some learning access. Primarily an afterschool and teacher-development curriculum serving low-income students in four Southern cities for 24 years and in expansion mode. Has now created a resource base for parents drawing on its long experience and successes with social emotional learning and behavioral tools. Offers several videos, books, art, activities, and table-talk guidance for grades K–2 and 3–5

## Common Sense Media

[www.commonsensemedia.org/](http://www.commonsensemedia.org/)

Free. A website of curated media offerings for children from a variety of creators, with a keen eye for social-emotional learning contexts. Covers recommendations of movies, TV, apps, games and books. Also offers substantial readable guidance for parents on managing the media use and media literacy of their children, which differs with the child’s age. Has a coronavirus section. English and Spanish.



## Pen Pal Schools

[www.penpalschools.com/how-to-make-social-emotional-learning-authentic.html](http://www.penpalschools.com/how-to-make-social-emotional-learning-authentic.html)

[www.penpalschools.com/parents.html](http://www.penpalschools.com/parents.html)

Free during this pandemic. Excellent resource for home-confined youth of all pen pal ages. They get to learn EQ skills while writing to international pen pals and learning about other cultures and lives. Provides guides to these skills. Covers respect, empathy, self-awareness, collaboration, self-motivation, social engagement, identifying problems, analyzing situations, ethical responsibility and international mindedness.

## EQ Schools

<https://youtu.be/FJ8y-FjxCYU>  
[www.youtube.com/channel/UCC3a6Ej60v0EYjQKDe7s1Gw/videos](https://www.youtube.com/channel/UCC3a6Ej60v0EYjQKDe7s1Gw/videos)

Free guidance videos and webinars mostly for educators and secondarily for parents but with new and solidly helpful webinars and YouTube videos covering emotionally intelligent parenting in this confined-to-home time. These are led by Ronan Habib, a professional social-emotional learning instructor for teachers.

## Khan Academy Kids

[khankids.zendesk.com/hc/en-us/articles/360040315632-How-to-use-Khan-Academy-Kids-for-remote-learningFree](http://khankids.zendesk.com/hc/en-us/articles/360040315632-How-to-use-Khan-Academy-Kids-for-remote-learningFree)

[khankids.zendesk.com/hc/en-us](http://khankids.zendesk.com/hc/en-us)

Free. Famous for its easy to grasp and often playful ways of teaching core subjects and inspiring interest in other learning, both in schools and at home. Khan Academy also embeds social emotional learning in its daily class structure and has a section of its free app for home use devoted to the subject. Dominantly ages 2 to 7. Available in many languages, including English and Spanish.

## The Mother Company/ Ruby’s Studio

[www.themotherco.com/](http://www.themotherco.com/)

Free and in English and Spanish. The Mother Company is parent to the Emmy-award winning Ruby’s Studio, a playful children’s TV show designed to nurture social and emotional learning in young children. In each episode, show host Ruby welcomes children to her art studio for a day of fun and learning. Now airing on American Public Television and available for streaming on Amazon and iTunes; also on DVD or downloads from the Ruby’s Studio online store.



## Help Guide

[www.helpguide.org/articles/mental-health/emotional-intelligence-toolkit.htm](http://www.helpguide.org/articles/mental-health/emotional-intelligence-toolkit.htm)

Free. Basically, a mental health and wellness website for adults that offers what it calls an Emotional Intelligence Toolkit that parents will find helpful in managing themselves. It's well done guidance that includes such topics as quick stress relief, improving emotional intelligence, and building better mental health.

## Cosmic Kids Yoga

[www.cosmickids.com](http://www.cosmickids.com)  
[www.youtube.com/cosmickidsyoga](http://www.youtube.com/cosmickidsyoga)

Free and paid. A playfully presented collection of videos ("3 Little Pigs Yoga," as one example) guiding yoga sessions for kids, along with yoga games, mindfulness for kids' videos, and readable parent guidance. There is an app available containing much of their offerings. The parenting section provides helpful blogs covering home teaching of gratitude, compassion, positivity and relaxation.

## Common Sense Media

[www.commonsensemedia.org/](http://www.commonsensemedia.org/)

Free. A website of curated media offerings for children from a variety of creators, with a keen eye for social-emotional learning contexts. Covers recommendations of movies, TV, apps, games and books. Also offers substantial readable guidance for parents on managing the media use and media literacy of their children, which differs with the child's age. Has a coronavirus section. English and Spanish.

## SOAR Learning

[selskills.com/parents/social-emotional-at-home/](http://selskills.com/parents/social-emotional-at-home/)

Primarily a digital curriculum on an online app that includes interactive content, games, videos, narrated slides, quizzes and assessments. Content covers what many SEL educators call the "core competencies." These include emotional awareness and management, establishing and maintaining positive relationships with others, and making responsible decisions, among other life success skills. Price for its major program is \$119.99. Other offerings start at \$9.99.

## Treat Yourself Like Someone You Love

[www.adamroa.com](http://www.adamroa.com)

Free and paid. Adam Roa offers podcasts, videos, books, and more filled with tools, insights, and personal experiences related to cultivating a more loving approach to you. Adam is a sought-after speaker, personal coach, spoken word poet, and musician.

## Life's Good / Discovery Education

[www.learnexperiencehappiness.com/parents](http://www.learnexperiencehappiness.com/parents)  
[den.discoveryeducation.com/participate/dailyde](http://den.discoveryeducation.com/participate/dailyde)

Free. Life's Good is a website devoted to happiness and the tools to get there. The expanded Parenting Section, promoted in partnership with Discovery Education (a division of the TV channel) features downloadable PDFs with a few solid interactive SEL exercises and one fun game. Target is 7-12 grades though younger kids might participate in some of these exercises. Discovery offers home usage exercises in critical thinking, science and nature learning, wellness (including elements of EQ and SEL), and virtual field trips for k-12.



## Learn

Learn more about Emotional Intelligence and Social-emotional Learning by visiting [EQuipOurKids.org](http://EQuipOurKids.org)



## Adopt

Use the resources in the toolkit to make Emotional Intelligence a reality for you and your family.



## Advocate

Share your desire for Social-emotional Learning with the teachers and administrators of your child's school.

## Mind Brain Parenting

[www.mindbrainparenting.org/why-life-skills](http://www.mindbrainparenting.org/why-life-skills)

Affordable, card-based games for building life skills through conversations and relationships. Games are researched-based and suitable for home and classroom. Website included suggested lessons and activities. For ages 5 and up.

## Character Lab

<https://characterlab.org>

Free. CharacterLab offers tips and playbooks to help parents and educators model, celebrate, and enable in others character traits such as grit, gratitude, and self-control. Founded and led by Angela Duckworth, leading researcher, MacArthur Fellow, and bestselling author of Grit.

## Kids Bedtime Tools for Covid-19

<https://myslumberyard.com/blog/bedtime-apps-for-kids-covid/>

Free and paid. Slumber Yard has assembled a list of 19 wellness tools to help kids unwind and de-stress for naps and bedtime. Providers include Headspace and PBS, with storytellers like Goldie Hawn and Patrick Steward. Choose from programs for meditation, mindfulness, story time, bedtime routines, and white noise.

## QWunder

[qwunder.com](http://qwunder.com)

Free and paid. The free are guidance articles on loads of parenting issues, with easy-to-grasp titles like “20 Ways to Help Your Kid Defuse Their Anger.” Also offers a free app for children that playfully helps them learn elements of social and emotional skills. The paid is a series of fun, delightful, well-produced song videos (with some dance) that cleverly teach aspects of social and emotional development.

## Hustle U Homeschool

<https://hustle-university.teachable.com/p/hustleu-homeschool>

\$149 to enroll. Hustle U Homeschool is an online portal created to support the social-emotional needs of students and their families at home. Lessons are designed to provide hours of culturally relevant activities that the entire household can enjoy together.

# SEL Games to Play at Home

## Four Fun Games

[bigeqcampaign.org/2018/05/03/5-fun-games-to-play-with-your-kids-to-boost-their-eq/](http://bigeqcampaign.org/2018/05/03/5-fun-games-to-play-with-your-kids-to-boost-their-eq/)

Free. These games cover four different categories of social-emotional learning - social awareness, self-management, active listening and collaboration. Read the brief instructions and play.

## Shadows Edge

<https://shadowsedge.com>

Free. Donations accepted. Shadow's Edge is the first FREE self-help mobile game designed for teens and young adults to tap into their healing power of self-expression. Players travel through a storm-ravaged city, collecting the scattered pages of a lost journal. Through journaling and art, players' self-expression help bring the city back from disaster.

## Eqtainment's "Race to the Top"

[www.amazon.com/Race-Educational-Board-Game-Book/dp/B00NH9E4LW](http://www.amazon.com/Race-Educational-Board-Game-Book/dp/B00NH9E4LW)

For background:

[unreasonablegroup.com/companies/eqtainment/](http://unreasonablegroup.com/companies/eqtainment/)

Paid. A clever board game with action cards that require various actions and emotional awareness sharings for kids 4 to 11.

## Five Incredible Fun Ways to Teach Self-Regulation

[youtu.be/H\\_O1brYwdSY](https://youtu.be/H_O1brYwdSY)

Free. Very clever and easy to digest animated video with interactive games with titles like Red Light/Green Light, The Freeze Game, and Wacky Relay. Among positive learnings are resisting impulses/temptations, breaking a bad habit, and listening.

## GoNoodle

[www.gonoodle.com/good-energy-at-home-kids-games-and-videos/#](http://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/#)  
[www.gonoodle.com/](http://www.gonoodle.com/)

Free and paid. For kids of many ages, these are game apps that keep kids moving while they are playing, providing both exercise and a way to release excess energy. They also offer a variety of playful videos that include mindfulness and fun yoga exercises along with a collection of animated learning materials especially around fun "How To" things ranging from how to make cookie dough, salute the sun, and make a grass trumpet, among many others. In English and Spanish.

## Why Music

[www.whymusicbook.com/](http://www.whymusicbook.com/)

Free. WHY Music offers 21 Ways to Create Joy With Music, an ultimate COVID-19 music resource full of exercises and suggestions for parents and kids to connect more deeply at home and online in fun and meaningful ways using music, to help them manage stress and bring more joy into their lives and relationships at a time when many are extremely challenged. Why Music is an ongoing initiative to provide people with the awareness, understanding and tools to harness the powerful benefits of music in all the areas of their lives.

## Kimochis

[www.kimochis.com/families/](http://www.kimochis.com/families/)

Paid. These are emotionally specific holdable or cuddle figures and pillows combined with some guidance on how best to use them while playing games with your children or while seeking to teach them to know and understand their feelings.  
[https://www.constantloveandlearning.com/about corona virus section](https://www.constantloveandlearning.com/about-corona-virus-section)  
- [www.kimochis.com](http://www.kimochis.com)