

# SOCIAL EMOTIONAL LEARNING FOR THE HOME

## PARENTING RESOURCES

- [Help Your Family De-Stress During Coronavirus Uncertainty](#)
- [How to Talk to Children About the Coroanavirus](#)
- [My Kid's School is Closed, So Now What?](#)
- [100 Coping Strategies for Anger, Anxiety, and More](#)

## ADULT SELF-CARE TIPS

- [Using Social Emotional Learning to Help in Times of Stress](#)
- [Managing Anxiety and Stress](#)
- [Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#)
- [Self-Care in the Time of Coronavirus](#)