



## There's an App for That — School Counseling and SEL Go Online

From virtual counseling to wellness apps, school districts are increasingly turning to “telehealth” to meet students’ mental health needs during the pandemic. Learn more about what some students say are impacting their home life by not being able to have experiences and memories made at school.

<https://www.edutopia.org/article/theres-app-school-counseling-and-sel-go-online>



## Training & PD

**Follow up:** Article correlation to District training Adult Self Care; PLZ course 18404.

### Prioritizing Self-Care While Working From Home

Teachers adjusting to working from home while schools are closed may need new routines to stay grounded.

<https://www.edutopia.org/article/prioritizing-self-care-while-working-home>



## Resources

### Teacher Wellness: Teaching Through a Pandemic: A Mindset for This Moment

Hundreds of teachers, many of them operating in countries where teach-from-home has been in place for weeks, weigh in on the mental approach you need to stay grounded in this difficult time.

<https://www.edutopia.org/article/teaching-through-pandemic-mindset-moment>



## Star Strategies

### 25 Fun Mindfulness Activities for Children and Teens

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>