

Social Emotional Learning (SEL) Resources for Families

Please contact the BASD school counselors with SEL questions or concerns

John Ellenson- elementary ellensonj@barron.k12.wi.us

Amy Beckendorf- middle school beckendorfa@barron.k12.wi.us

Linda Mikunda- high school mikundal@barron.k12.wi.us

Parents- feeling overwhelmed and wondering if you are doing the right thing? Check out this resource- [You Are Doing It!](#)

[Social Emotional Lessons at Home PK- 2nd grade](#)- activities, read alouds, and videos to do at home

[Coronavirus Story for Children](#)- information to share with small children

[Calm Down Sheet](#)- use this if feeling stressed with someone you are spending a lot of time with

[Identify Your Feelings and Needs](#)- use this activity to identify your feelings and what you need during this time

[Our Plan to Help Make Things Better](#)- conflicts happen and when they do, it is best to work on resolving them. Use this sheet to work through the problem. Use "I Feel... I Need..." to solve conflicts.