School Counseling and Behavioral Health Resources for Students and Families to Access from Home

Curriculum and Instruction
- Sesame Street Conflict Resolution
- Kelso in Action
- Hands to Yourself
- Class Dojo
- Brain Pop
- Go Noodle

Mental Health Resources
- PA Crisis Text Line - Text “PA” to 741741

Delaware County Crisis Connections Team (DCCCT) Phone: 855-889-7827
A mobile dispatch team that listens first to assess your needs. The team provides assessment, intervention, and referral. This service is available 24/7.

Safe2Say - Safe2SayPa.org - Submit an anonymous tip if you have concern about an imminent threat to someone’s safety through the Safe2Say app, website, or tollfree number.

Tips on managing stress and anxiety related to the COVID-19 pandemic:
- Crozer-Keystone Behavioral Health
- Centers for Disease Control

Mindfulness/Stress Management

Brainpop Jr
- Class Dojo
- Zen Den cosmic kids
- Go Zen
- Kidshealth

Parent Guides
- National Association of School Psychologists - Talking to your kids about COVID-19

Read Aloud Books

1. Have You Filled a Bucket?
2. Those Shoes
3. Do Unto Otters
4. The Good Egg
5. Kindness is Cooler Mrs. Ruler
6. Enemy Pie
7. **The Recess Queen**
8. **The Girl Who Never Makes Mistakes**
9. **Stand Tall Molly Lou Mellon**
10. **Exclamation Mark!**

**Movie Suggestions**

1. Inside Out
2. UP!
3. Wonder
4. Finding Dori
5. Zootopia
6. Shrek
7. Annie
8. A Bug’s Life
9. Frozen
10. Minions

**Family Games**

1. Hoot Owl Hoot
2. Spot It
3. Candyland
4. Uno
5. Apples to Apples
6. Connect Four
7. Guess Who
8. Race to the Treasure
9. Charades
10. Pictionary