

FREE SEL resources for Parents and PTA

Some of the resources listed below require individuals register for a FREE account to access their resources.

1. Why Try, Parent Guide to Resilience www.whytry.org

Parent resilience guide for teaching resiliency at home.

2. Sanford Harmony, Harmony at Home www.sanfordharmony.org

SEL curriculum used in schools, after school programs and at home. Harmony at Home is a free parent curriculum offered by Sanford Harmony.

3. Pure Edge, Inc., Success Through Focus www.pureedgeinc.org

Resources with free curriculum and videos explaining mindful breathing, movement, and rest. Curriculum is also available the neuro science about using brain break strategies. Curriculum aligned with national PE standards.

4. Playworks, Play at Home www.playworks.org

Resource of a variety of physical activities and inclusive games for home, school, or PTA activities.

SEL resources curated by Davis School District SEL Team located at:

<https://www.davis.k12.ut.us/departments/student-family-resources/social-emotional-learning>