

Archbishop Stepinac High School

Social Emotional Learning (SEL) Resources

Check ins:



The following SEL resources have been compiled for students and families to give you access to coping skills, relaxation strategies, home routines, and ideas about family schedules and activities

Free Apps

Meditation App

[Insight Timer - Meditation App on the App Store](#)
[Smiling Mind on the App Store](#)

Stress/Anxiety Management App

[Breathe2Relax on the App Store](#)
[MindShift CBT - Anxiety Relief on the App Store](#)

Happiness Journal

[Three Good Things - A Happiness Journal on the App Store](#)

Mood Tracker/Combat Negative Thoughts and Depression

[MoodTools - Depression Aid on the App Store](#)
[iMoodJournal - Mood Diary on the App Store](#)

Focus Apps

[Forest App](#)
[Pause: daily mindfulness on the App Store](#)

Health and Crisis and Safety Apps

[Coping Skills for All Ages](#)
[Vaping facts and a vaping cessation education group provided by Northern Westchester Hospital](#)

Coronavirus Resources

[Helping Children Cope With Changes Resulting From COVID-19](#)

[Supporting Teenagers and Young Adults During the Coronavirus Crisis - Child Mind Institute](#)

Educational Resources

[Amazing Free Educational Resources](#)

ADHD AND EXECUTIVE FUNCTIONING SKILLS

[How to Succeed in High School with ADHD: A Teen's Guide](#)

[The Messy Student's Guide to Order: ADHD Organizing Tips](#)

[P&P Episode 162: Seth Perler "Strengthening Your Executive Functioning Skills"](#)

[Top 10 Executive Function skills To turn it around](#)

Bullying and Cyberbullying

[StopBullying.gov](#)

[Cyberbullying - National Bullying Prevention Center](#)

Grief Resources

[Shared Grief Project](#)

[Bereavement Center of Westchester](#)

Books

[7 Young Adult Books for Social Emotional Learning \(Grades 6-12\)](#)

