



## **Wingspan's Evidence-based Resources to Foster Children's Resilience**

[Wingspan](#) is dedicated to developing young children's social-emotional skills and resilience. Our evidence-based programs and resources help teachers, parents, mental health providers, and others build children's social skills, self-regulation, problem-solving abilities, and healthy decision-making.

In today's unpredictable world, as we all face the stress and impact of the COVID-19 pandemic, we are committed to equipping you with free resources to provide continued emotional support for young children. These resources are drawn from our nationally recognized program, [Al's Pals: Kids Making Healthy Choices](#) and benefit all children, regardless of whether they participate in the program.

### **Child-Friendly Video Series to Help Children Cope with Daily Life During COVID-19**

Our child-friendly [special video series](#), featuring Al, the endearing puppet role model in Al's Pals, helps children cope with daily life during the Coronavirus health crisis. Al talks with the children about dealing with feelings they may be experiencing from staying home, missing friends, relatives, and teachers, from having events canceled, and even from seeing so many people wearing masks. We invite you to share the videos through your social media outlets, on your website, through email or other ways you communicate with families and community partners.

### **Practical Tips and Strategies for Parents**

A wide range of free resources are available on [AcornDreams](#), a service of Wingspan. Included are:

- Easy-to-use, short tips from "In a Nutshell" on the home page that build social skills, self-control, cooperation, independence, brainpower, and healthy habits.
- Regular blog postings on practical ways to promote children's positive development like [cultivating cooperation](#), helping children learn [empathy](#), and to [Calm Down](#). A recent [blog](#) helps parents realize that despite the stress and worry from the current health crisis, the family's extended time at home may be creating positive memories for their children.
- Downloadable tip sheets for parents on topics like helping their children to stop and think and to use words to express feelings. The tip sheet "[A Quiet Place](#)" provides simple steps on how to set up and use a Quiet Place at home to help children manage big feelings. There's even a tip sheet on "[Calm Down for Parents!](#)"

### **Pinterest Boards and Social Media to Build Social-Emotional Skills**

Our [Pinterest](#) boards offer more free resources to help build children's social skills, self-control, healthy habits, and more. Daily we are posting on [Facebook](#), [Twitter](#), and [Instagram](#) simple, meaningful activities to strengthen children's social-emotional skills at home, and reminders about the importance of providing children with stability, caring, and reassurance during this uncertain time.

Please explore our resources and share them with others. **Together we can foster children's resilience during these challenging times and strengthen their skills for life.**