

**Video-on-Demand Library**

<b>Date</b>	<b>Video</b>	<b>Target Audience</b>
June 7, 2021	<a href="#">Wellness Wednesday: Emotional Growth: A Sea of Change</a>	Birth-6, Elementary, Middle School, High School
June 2, 2021	<a href="#">Wellness Wednesday: How We Did It: The Good, The Bad, The Ugly</a>	Birth-6, Elementary, Middle School, High School
May 26, 2021	<a href="#">Wellness Wednesday: Emotional Well-Being</a>	Birth-6, Elementary, Middle School, High School
May 19, 2021	<a href="#">Wellness Wednesday: Planning for Emotional Wellness</a>	Birth-6, Elementary, Middle School, High School
May 12, 2021	<a href="#">Wellness Wednesday: Full Body Tune-Up</a>	Birth-6, Elementary, Middle School, High School
May 5, 2021	<a href="#">Wellness Wednesday: Mental Emotional Reset</a>	Birth-6, Elementary, Middle School, High School
April 28, 2021	<a href="#">Wellness Wednesday: Healing from Our Past to Embrace the Future</a>	Birth-6, Elementary, Middle School, High School
April 14, 2021	<a href="#">Wellness Wednesday: Blossoming Through Adversity: The Light after Loss</a>	Birth-6, Elementary, Middle School, High School
April 7, 2021	<a href="#">Wellness Wednesday: Growing Stronger: Endless Possibilities</a>	Birth-6, Elementary, Middle School, High School
March 31, 2021	<a href="#">Wellness Wednesday: The Positive Face of Anger</a>	Birth-6, Elementary, Middle School, High School
March 24, 2021	<a href="#">Wellness Wednesday: Parenting and Patience</a>	Birth-6, Elementary, Middle School, High School
March 17, 2021	<a href="#">Wellness Wednesday: How Culture Supports Strengths &amp; Resiliency</a>	Birth-6, Elementary, Middle School, High School
March 10, 2021	<a href="#">Wellness Wednesday: Knowledge is POWER</a>	Birth-6, Elementary, Middle School, High School
March 3, 2021	<a href="#">Wellness Wednesday: Adjustment to the Unknown</a>	Birth-6, Elementary, Middle School, High School

February 24, 2021	<a href="#">Wellness Wednesday: Acting Listening</a>	Birth-6, Elementary, Middle School, High School
February 17, 2021	<a href="#">Wellness Wednesday: Building on Family Strengths</a>	Birth-6, Elementary, Middle School, High School
February 10, 2021	<a href="#">Wellness Wednesday: Reduce Conflict and Get More Connected</a>	Birth-6, Elementary, Middle School, High School
February 3, 2021	<a href="#">Wellness Wednesday: It's Okay to Accept Help Sometimes</a>	Birth-6, Elementary, Middle School, High School
January 27, 2021	<a href="#">Wellness Wednesday: Wellness in Motion: What's Your Move? Self-Care Summit Kick Off</a>	Birth-6, Elementary, Middle School, High School
January 20, 2021	<a href="#">Wellness Wednesday: Coping with Change and Uncertainty</a>	Birth-6, Elementary, Middle School, High School
January 13, 2021	<a href="#">Wellness Wednesday: I Have Your Back! Being Your Child's # 1 Advocate</a>	Birth-6, Elementary, Middle School, High School
January 6, 2021	<a href="#">Wellness Wednesday: Parenting in 2021-How Do You Manage It All?</a>	Birth-6, Elementary, Middle School, High School
December 30, 2020	<a href="#">Wellness Wednesday: Reflecting on the past, looking to the future</a>	Birth-6, Elementary, Middle School, High School
December 23, 2020	<a href="#">Wellness Wednesday: What is 2020 Teaching Us about Relationships? Part II</a>	Birth-6, Elementary, Middle School, High School
December 16, 2020	<a href="#">Wellness Wednesday: What is 2020 Teaching Us about Relationships? Part I</a>	Birth-6, Elementary, Middle School, High School
December 9, 2020	<a href="#">Wellness Wednesday: What is Resiliency? Part II</a>	Birth-6, Elementary, Middle School, High School
December 2, 2020	<a href="#">Wellness Wednesday: What is Resiliency? Part I</a>	Birth-6, Elementary, Middle School, High School
November 25, 2020	<a href="#">Wellness Wednesday: What Will Virtual Turkey Taste Like? Maintaining Relationships &amp; Rituals During the Holidays</a>	Birth-6, Elementary, Middle School, High School
November 18, 2020	<a href="#">Wellness Wednesday: Say What? Communicating During COVID-19-Its Takes More Than Words-Part II</a>	Birth-6, Elementary, Middle School, High School

November 4, 2020	<a href="#">Wellness Wednesday: Say What? Communicating During COVID-19-Its Takes More Than Words-Part I</a>	Birth-6, Elementary, Middle School, High School
October 28, 2020	<a href="#">Wellness Wednesday: Support Part II</a>	Birth-6, Elementary, Middle School, High School
October 21, 2020	<a href="#">Wellness Wednesday: Support Part I</a> (59 mins)	Birth-6, Elementary, Middle School, High School
October 14, 2020	<a href="#">Wellness Wednesday: Knowledge Part II</a> (1 hr.)	Birth-6, Elementary, Middle School, High School
October 7, 2020	<a href="#">Wellness Wednesday: Knowledge Part I</a> (1 hr. 1 mins)	Birth-6, Elementary, Middle School, High School
September 30, 2020	<a href="#">Wellness Wednesday: Relationship II</a> (1 hr.)	Birth-6, Elementary, Middle School, High School
September 23, 2020	<a href="#">Wellness Wednesday: Relationship Part I</a> (1 hr.)	Birth-6, Elementary, Middle School, High School
September 16, 2020	<a href="#">Wellness Wednesday: Resiliency Part II</a> (1 hr. )	Birth-6, Elementary, Middle School, High School
September 9, 2020	<a href="#">Wellness Wednesday: Resiliency Part I</a>	Birth-6, Elementary, Middle School, High School
September 2, 2020	<a href="#">Wellness Wednesday: Self Care</a>	Birth-6, Elementary, Middle School, High School
September 9, 2020	<a href="#">DC SEED Workshop: Child Developmental Concerns in the Early Years</a>	Birth-6 years old
September 9, 2020	<a href="#">DC SEED Workshop: The First 6 Weeks Post-Partum</a>	Birth-6 years old
September 9, 2020	<a href="#">DC SEED Workshops: Post-Partum Mental Health Disorders</a>	Birth-6 years old
September 8, 2020	<a href="#">When I Am - A bilingual storybook</a>	Birth-6 years old
September 8, 2020	<a href="#">What's That Room For - A Storybook</a>	Birth-6 years old
September 8, 2020	<a href="#">Tucker Turtle - A Storybook</a>	Birth-6 years old
September 8, 2020	<a href="#">The Way I Feel - A Storybook</a>	Birth-6 years old

September 8, 2020	<a href="#">The Rainbow Fish - A Storybook (English and Spanish)</a>	Birth-6 years old
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September 8, 2020	<a href="#">The Color Monster - A Storybook</a>	Birth-6 & Elementary
September 8, 2020	<a href="#">Pete the Cat- A Storybook</a>	Birth-6 & Elementary
September 8, 2020	<a href="#">Los Animales Susurran - A Storybook</a>	Birth-6 & Elementary
September 8, 2020	<a href="#">Jazz Baby - A Storybook</a>	Birth-6 & Elementary
September 8, 2020	<a href="#">The Invisible String - A Storybook</a>	Elementary
September 8, 2020	<a href="#">Abuela - A Storybook</a>	Elementary
May 22, 2020	<a href="#">Coping Skills: Ball Throw and Count!</a>	Elementary/Middle School
May 22, 2020	<a href="#">Coping Skills: Five Senses Check In!</a>	Elementary/Middle School
May 22, 2020	<a href="#">Coping Skills: Breathing Exercise!</a>	Elementary/Middle School
May 22, 2020	<a href="#">Coping Skills: Bubble Popping!</a>	Elementary/Middle School
May 22, 2020	<a href="#">Screen Brain Breaks!</a>	Elementary/Middle School
May 22, 2020	<a href="#">Coping with Change</a>	Elementary/Middle School
May 22, 2020	<a href="#">Stressful Events and Children</a>	Elementary/Middle School
May 22, 2020	<a href="#">Mindful Coping Strategies</a>	Elementary/Middle School/High school
May 22, 2020	<a href="#">Managing Anxiety and Worries</a>	Elementary/Middle School
May 22, 2020	<a href="#">Showing Kindness to Others</a>	Elementary/Middle School
May 22, 2020	<a href="#">Mental Health Awareness</a>	Elementary/Middle School/High school