

Video-on-Demand Library

Date	Video	Target Audience
August 25, 2021	Changes, Challenges and Self-Care	Birth-6, Elementary, Middle School, High School
August 18, 2021	Catching up with School and Making New Adjustments – Part II	Birth-6, Elementary, Middle School, High School
August 11, 2021	Catching up with School and Making New Adjustments – Part I	Birth-6, Elementary, Middle School, High School
August 4, 2021	How Do You Know You're Ready?	Birth-6, Elementary, Middle School, High School
July 28, 2021	Our 'New' Beginning	Birth-6, Elementary, Middle School, High School
July 21, 2021	Returning to Healthy Sleeping Patterns	Birth-6, Elementary, Middle School, High School
July 14, 2021	The Big Return and Self Care	Birth-6, Elementary, Middle School, High School
July 07, 2021	Ready, Set, Go! Moving Toward the Big Return	Birth-6, Elementary, Middle School, High School
June 30, 2021	Working Differently '9 to 5'	Birth-6, Elementary, Middle School, High School
June 23, 2021	Caring for Others: How Did We Make It?	Birth-6, Elementary, Middle School, High School
June 16, 2021	Human Connections: How Live Interactions Are Different 'Post COVID'	Birth-6, Elementary, Middle School, High School
June 9, 2021	Wellness Wednesday: Emotional Growth: A Sea of Change	Birth-6, Elementary, Middle School, High School
June 2, 2021	Wellness Wednesday: How We Did It: The Good, The Bad, The Ugly	Birth-6, Elementary, Middle School, High School
May 26, 2021	Wellness Wednesday: Emotional Well-Being	Birth-6, Elementary, Middle School, High School

May 19, 2021	<u>Wellness Wednesday: Planning for Emotional Wellness</u>	Birth-6, Elementary, Middle School, High School
May 12, 2021	<u>Wellness Wednesday: Full Body Tune-Up</u>	Birth-6, Elementary, Middle School, High School
May 5, 2021	<u>Wellness Wednesday: Mental Emotional Reset</u>	Birth-6, Elementary, Middle School, High School
April 28, 2021	<u>Wellness Wednesday: Healing from Our Past to Embrace the Future</u>	Birth-6, Elementary, Middle School, High School
April 14, 2021	<u>Wellness Wednesday: Blossoming Through Adversity: The Light after Loss</u>	Birth-6, Elementary, Middle School, High School
April 7, 2021	<u>Wellness Wednesday: Growing Stronger: Endless Possibilities</u>	Birth-6, Elementary, Middle School, High School
March 31, 2021	<u>Wellness Wednesday: The Positive Face of Anger</u>	Birth-6, Elementary, Middle School, High School
March 24, 2021	<u>Wellness Wednesday: Parenting and Patience</u>	Birth-6, Elementary, Middle School, High School
March 17, 2021	<u>Wellness Wednesday: How Culture Supports Strengths & Resiliency</u>	Birth-6, Elementary, Middle School, High School
March 10, 2021	<u>Wellness Wednesday: Knowledge is POWER</u>	Birth-6, Elementary, Middle School, High School
March 3, 2021	<u>Wellness Wednesday: Adjustment to the Unknown</u>	Birth-6, Elementary, Middle School, High School
February 24, 2021	<u>Wellness Wednesday: Acting Listening</u>	Birth-6, Elementary, Middle School, High School
February 17, 2021	<u>Wellness Wednesday: Building on Family Strengths</u>	Birth-6, Elementary, Middle School, High School
February 10, 2021	<u>Wellness Wednesday: Reduce Conflict and Get More Connected</u>	Birth-6, Elementary, Middle School, High School
February 3, 2021	<u>Wellness Wednesday: It's Okay to Accept Help Sometimes</u>	Birth-6, Elementary, Middle School, High School

January 27, 2021	Wellness Wednesday: Wellness in Motion: What's Your Move? Self-Care Summit Kick Off	Birth-6, Elementary, Middle School, High School
January 20, 2021	Wellness Wednesday: Coping with Change and Uncertainty	Birth-6, Elementary, Middle School, High School
January 13, 2021	Wellness Wednesday: I Have Your Back! Being Your Child's # 1 Advocate	Birth-6, Elementary, Middle School, High School
January 6, 2021	Wellness Wednesday: Parenting in 2021-How Do You Manage It All?	Birth-6, Elementary, Middle School, High School
December 30, 2020	Wellness Wednesday: Reflecting on the past, looking to the future	Birth-6, Elementary, Middle School, High School
December 23, 2020	Wellness Wednesday: What is 2020 Teaching Us about Relationships? Part II	Birth-6, Elementary, Middle School, High School
December 16, 2020	Wellness Wednesday: What is 2020 Teaching Us about Relationships? Part I	Birth-6, Elementary, Middle School, High School
December 9, 2020	Wellness Wednesday: What is Resiliency? Part II	Birth-6, Elementary, Middle School, High School
December 2, 2020	Wellness Wednesday: What is Resiliency? Part I	Birth-6, Elementary, Middle School, High School
November 25, 2020	Wellness Wednesday: What Will Virtual Turkey Taste Like? Maintaining Relationships & Rituals During the Holidays	Birth-6, Elementary, Middle School, High School
November 18, 2020	Wellness Wednesday: Say What? Communicating During COVID-19-Its Takes More Than Words-Part II	Birth-6, Elementary, Middle School, High School
November 4, 2020	Wellness Wednesday: Say What? Communicating During COVID-19-Its Takes More Than Words-Part I	Birth-6, Elementary, Middle School, High School
October 28, 2020	Wellness Wednesday: Support Part II	Birth-6, Elementary, Middle School, High School
October 21, 2020	Wellness Wednesday: Support Part I (59 mins)	Birth-6, Elementary, Middle School, High School
October 14, 2020	Wellness Wednesday: Knowledge Part II (1 hr.)	Birth-6, Elementary, Middle School, High School
October 7, 2020	Wellness Wednesday: Knowledge Part I (1 hr.1 mins)	Birth-6, Elementary, Middle School, High School

September 30, 2020	Wellness Wednesday: Relationship II (1 hr.)	Birth-6, Middle School, High School	Elementary, School, High
September 23, 2020	Wellness Wednesday: Relationship Part I (1 hr.)	Birth-6, Middle School, High School	Elementary, School, High
September 16, 2020	Wellness Wednesday: Resiliency Part II (1 hr.)	Birth-6, Middle School, High School	Elementary, School, High
September 9, 2020	Wellness Wednesday: Resiliency Part I	Birth-6, Middle School, High School	Elementary, School, High
September 2, 2020	Wellness Wednesday: Self Care	Birth-6, Middle School, High School	Elementary, School, High
September 9, 2020	DC SEED Workshop: Child Developmental Concerns in the Early Years	Birth-6 years old	
September 9, 2020	DC SEED Workshop: The First 6 Weeks Post-Partum	Birth-6 years old	
September 9, 2020	DC SEED Workshops: Post-Partum Mental Health Disorders	Birth-6 years old	
September 8, 2020	When I Am - A bilingual storybook	Birth-6 years old	
September 8, 2020	What's That Room For - A Storybook	Birth-6 years old	
September 8, 2020	Tucker Turtle - A Storybook	Birth-6 years old	
September 8, 2020	The Way I Feel - A Storybook	Birth-6 years old	
September 8, 2020	The Rainbow Fish - A Storybook (English and Spanish)	Birth-6 years old	

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