

**Video-on-Demand Library**

<b>Date</b>	<b>Video</b>	<b>Target Audience</b>
April 27, 2022	<a href="#">“Strategies to Improve Self-Compassion”</a>	Birth-6, Elementary, Middle School, High School
April 20, 2022	<a href="#">Ways to Practice Gratitude</a>	Birth-6, Elementary, Middle School, High School
April 13, 2022	<a href="#">Feelings vs Values: What’s More Important?</a>	Birth-6, Elementary, Middle School, High School
April 6, 2022	<a href="#">How Do Our Values Guide Our Resilience?</a>	Birth-6, Elementary, Middle School, High School
March 30, 2022	<a href="#">Parenting in Difficult Times: Successes and Challenges</a>	Birth-6, Elementary, Middle School, High School
March 23, 2022	<a href="#">Strategies to Promote Self-esteem in Your Children</a>	Birth-6, Elementary, Middle School, High School
March 16, 2022	<a href="#">Encouraging and Building Resilience in Your Children</a>	Birth-6, Elementary, Middle School, High School
March 9, 2022	<a href="#">Fostering the Development of Self-reliance in Your Children</a>	Birth-6, Elementary, Middle School, High School
March 2, 2022	<a href="#">Bending But Not Breaking: Finding the Strength to Push Through It All</a>	Birth-6, Elementary, Middle School, High School
February 23, 2022	<a href="#">Making It Work: Readjusting To COVID in 2022</a>	Birth-6, Elementary, Middle School, High School
February 16, 2022	<a href="#">Checking-in with Family: Ways to Improve How We Communicate</a>	Birth-6, Elementary, Middle School, High School
February 9, 2022	<a href="#">Self-Care Practices: Taking Care of Ourselves</a>	Birth-6, Elementary, Middle School, High School
February 2, 2022	<a href="#">Practicing What We Know: Maintaining Consistency with Routines</a>	Birth-6, Elementary, Middle School, High School
January 26, 2022	<a href="#">Variants and Children: What You Need to Know?</a>	Birth-6, Elementary, Middle School, High School

January 19, 2022	<a href="#">Practicing Self-Care and Mindfulness: Staying Calm During this Challenging Time</a>	Birth-6, Elementary, Middle School, High School
January 12, 2022	<a href="#">Strategies for Promoting a Safe and Healthy Return to School</a>	Birth-6, Elementary, Middle School, High School
January 5, 2022	<a href="#">Regaining Our Focus: How Does Our Family Continue to Stay Safe?</a>	Birth-6, Elementary, Middle School, High School
December 15, 2021	<a href="#">Self-care Strategies for Me and My Family</a>	Birth-6, Elementary, Middle School, High School
December 8, 2021	<a href="#">Connecting with your child: Activities to Foster Positive Relationships with Family &amp; Friends</a>	Birth-6, Elementary, Middle School, High School
December 1, 2021	<a href="#">Handling Our Emotions and Stress During the Holidays</a>	Birth-6, Elementary, Middle School, High School
November 17, 2021	<a href="#">Family Fun: Activities to promote positive parent-child relationships.</a>	Birth-6, Elementary, Middle School, High School
November 10, 2021	<a href="#">Sharing meaningful traditions and rituals with our children</a>	Birth-6, Elementary, Middle School, High School
November 3, 2021	<a href="#">Fostering gratitude and appreciation within our families</a>	Birth-6, Elementary, Middle School, High School
October 27, 2021	<a href="#">How can I help my child when he or she is struggling?</a>	Birth-6, Elementary, Middle School, High School
October 20, 2021	<a href="#">Positive ways to help children manage disappointment</a>	Birth-6, Elementary, Middle School, High School
October 13, 2021	<a href="#">Helping our children make good decisions</a>	Birth-6, Elementary, Middle School, High School
October 6, 2021	<a href="#">Teaching our children how to manage their feelings and behaviors</a>	Birth-6, Elementary, Middle School, High School
September 29, 2021	<a href="#">Parent Wellness: How Are You Really Coping?</a>	Birth-6, Elementary, Middle School, High School
September 22, 2021	<a href="#">Getting Back into a Routine: How Are We Doing?</a>	Birth-6, Elementary, Middle School, High School

September 15, 2021	<a href="#">Promoting My Child's Physical Wellness During the School Year</a>	Birth-6, Elementary, Middle School, High School
September 8, 2021	<a href="#">Back to School Emotions: How Are We Managing?</a>	Birth-6, Elementary, Middle School, High School
September 1, 2021	<a href="#">Being Fully Present for Your Child</a>	Birth-6, Elementary, Middle School, High School
August 25, 2021	<a href="#">Changes, Challenges and Self-Care</a>	Birth-6, Elementary, Middle School, High School
August 18, 2021	<a href="#">Catching up with School and Making New Adjustments – Part II</a>	Birth-6, Elementary, Middle School, High School
August 11, 2021	<a href="#">Catching up with School and Making New Adjustments – Part I</a>	Birth-6, Elementary, Middle School, High School
August 4, 2021	<a href="#">How Do You Know You're Ready?</a>	Birth-6, Elementary, Middle School, High School
July 28, 2021	<a href="#">Our 'New' Beginning</a>	Birth-6, Elementary, Middle School, High School
July 21, 2021	<a href="#">Returning to Healthy Sleeping Patterns</a>	Birth-6, Elementary, Middle School, High School
July 14, 2021	<a href="#">The Big Return and Self Care</a>	Birth-6, Elementary, Middle School, High School
July 07, 2021	<a href="#">Ready, Set, Go! Moving Toward the Big Return</a>	Birth-6, Elementary, Middle School, High School
June 30, 2021	<a href="#">Working Differently '9 to 5'</a>	Birth-6, Elementary, Middle School, High School
June 23, 2021	<a href="#">Caring for Others: How Did We Make It?</a>	Birth-6, Elementary, Middle School, High School
June 16, 2021	<a href="#">Human Connections: How Live Interactions Are Different 'Post COVID'</a>	Birth-6, Elementary, Middle School, High School
June 9, 2021	<a href="#">Wellness Wednesday: Emotional Growth: A Sea of Change</a>	Birth-6, Elementary, Middle School, High School

June 2, 2021	<a href="#"><u>Wellness Wednesday: How We Did It: The Good, The Bad, The Ugly</u></a>	Birth-6, Elementary, Middle School, High School
May 26, 2021	<a href="#"><u>Wellness Wednesday: Emotional Well-Being</u></a>	Birth-6, Elementary, Middle School, High School
May 19, 2021	<a href="#"><u>Wellness Wednesday: Planning for Emotional Wellness</u></a>	Birth-6, Elementary, Middle School, High School
May 12, 2021	<a href="#"><u>Wellness Wednesday: Full Body Tune-Up</u></a>	Birth-6, Elementary, Middle School, High School
May 5, 2021	<a href="#"><u>Wellness Wednesday: Mental Emotional Reset</u></a>	Birth-6, Elementary, Middle School, High School
April 28, 2021	<a href="#"><u>Wellness Wednesday: Healing from Our Past to Embrace the Future</u></a>	Birth-6, Elementary, Middle School, High School
April 14, 2021	<a href="#"><u>Wellness Wednesday: Blossoming Through Adversity: The Light after Loss</u></a>	Birth-6, Elementary, Middle School, High School
April 7, 2021	<a href="#"><u>Wellness Wednesday: Growing Stronger: Endless Possibilities</u></a>	Birth-6, Elementary, Middle School, High School
March 31, 2021	<a href="#"><u>Wellness Wednesday: The Positive Face of Anger</u></a>	Birth-6, Elementary, Middle School, High School
March 24, 2021	<a href="#"><u>Wellness Wednesday: Parenting and Patience</u></a>	Birth-6, Elementary, Middle School, High School
March 17, 2021	<a href="#"><u>Wellness Wednesday: How Culture Supports Strengths &amp; Resiliency</u></a>	Birth-6, Elementary, Middle School, High School
March 10, 2021	<a href="#"><u>Wellness Wednesday: Knowledge is POWER</u></a>	Birth-6, Elementary, Middle School, High School
March 3, 2021	<a href="#"><u>Wellness Wednesday: Adjustment to the Unknown</u></a>	Birth-6, Elementary, Middle School, High School
February 24, 2021	<a href="#"><u>Wellness Wednesday: Acting Listening</u></a>	Birth-6, Elementary, Middle School, High School
February 17, 2021	<a href="#"><u>Wellness Wednesday: Building on Family Strengths</u></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 (59 mins)</a>	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 Workhops: 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

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