

**V Family Support and Wellness Video-on-Demand Library English**

| <b>Date</b>   | <b>Video</b>   | <b>Target Audience</b>                          |
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| December 28   | <a href="#">The Importance of Family Rituals</a>   | Birth-6, Elementary, Middle School, High School |
| November 30   | <a href="#"><i>Strategies to Foster Gratitude and Connection</i></a>                                       | Birth-6, Elementary, Middle School, High School |
| October 26    | <a href="#">Ways to Keep Your Children Safe</a>  | Birth-6, Elementary, Middle School, High School |
| October 5     | <a href="#">Fostering Open Communication Between You and Your Child</a>                                    | Birth-6, Elementary, Middle School, High School |
| September 28  | <a href="#">Monkeypox, COVID, and More: Staying Healthy During the Fall</a>                                | Birth-6, Elementary, Middle School, High School |
| September 21  | <a href="#">Fall Activities for Promoting Emotional Wellness</a>   | Birth-6, Elementary, Middle School, High School |
| September 14  | <a href="#">Wellness Begins Early: Self-Care Tips for Children</a>   | Birth-6, Elementary, Middle School, High School |
| September 7   | <a href="#">Getting off to a Good Start: Morning Rituals to Uplift Your Mind, Body, and Spirit</a>         | Birth-6, Elementary, Middle School, High School |
| August 31     | <a href="#">Connecting With and Supporting Your Child's Teacher</a>  | Birth-6, Elementary, Middle School, High School |
| August 24     | <a href="#">Lunchbox Notes: Creative Ways To Build Relationships and Self-Confidence</a>                   | Birth-6, Elementary, Middle School, High School |
| August 17     | <a href="#">First Day Parent Jitters: Preparing Yourself Emotionally for Your Child's Return to School</a> | Birth-6, Elementary, Middle School, High School |
| August 10     | <a href="#">Getting Back Into the School Year Routine</a>  | Birth-6, Elementary, Middle School, High School |
| August 3      | Setting Our Children up for Success: Tips for Returning to School<br><b>(No Recording/technical issue)</b> | Birth-6, Elementary, Middle School, High School |
| July 27, 2022 | <a href="#">Connecting with other Adults and Support Systems during the Summer</a>                         | Birth-6, Elementary, Middle School, High School |

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| July 20, 2022  | <a href="#">Tweens and Teens: Creative ways to Connect with Older Children</a>                           | Birth-6, Elementary, Middle School, High School |
| July 13, 2022  | <a href="#">Ways to Spark Connection and Conversation with your Young Child</a>                          | Birth-6, Elementary, Middle School, High School |
| July 6, 2022   | <a href="#">Routines, Schedules, and Fun: Engaging your Children during the Summer</a>                   | Birth-6, Elementary, Middle School, High School |
| June 29, 2022  | <a href="#">Summer Activities to Boost your Family's Wellbeing</a>                                       | Birth-6, Elementary, Middle School, High School |
| June 22, 2022  | <a href="#">It Takes a Village: Leaning on your Support Network During the Summer</a>                    | Birth-6, Elementary, Middle School, High School |
| June 15, 2022  | <a href="#">Decluttering your mind and environment to promote wellness</a>                               | Birth-6, Elementary, Middle School, High School |
| June 8, 2022   | <a href="#">Summer Mental Health Tips</a>  | Birth-6, Elementary, Middle School, High School |
| June 1, 2022   | <a href="#">Steps for Maintaining a Positive Outlook: Transitioning from School to Summer Activities</a> | Birth-6, Elementary, Middle School, High School |
| May 25, 2022   | <a href="#">Promoting your Child's Social-Emotional Wellness in the Aftermath of Violence</a>            | Birth-6, Elementary, Middle School, High School |
| May 18, 2022   | <a href="#">Mental Emotional Reset: Balancing Mind, Body &amp; Soul</a>                                  | Birth-6, Elementary, Middle School, High School |
| May 11, 2022   | <a href="#">Adapting Healthy Strategies for Coping</a>   | Birth-6, Elementary, Middle School, High School |
| May 4, 2022    | <a href="#">Planning for Emotional Success</a>   | Birth-6, Elementary, Middle School, High School |
| 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 |

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| 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 |

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| 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 |

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| 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="#">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 |

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| 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 |

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| 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 (1 hr.)</a>  | Birth-6, Elementary, Middle School, High School |
| October 7, 2020    | <a href="#">Wellness Wednesday: Knowledge Part I (1 hr.1 mins)</a>   | Birth-6, Elementary, Middle School, High School |
| September 30, 2020 | <a href="#">Wellness Wednesday: Relationship II (1 hr.)</a>  | Birth-6, Elementary, Middle School, High School |
| September 23, 2020 | <a href="#">Wellness Wednesday: Relationship Part I (1 hr.)</a>  | Birth-6, Elementary, Middle School, High School |

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| September 16, 2020 | <a href="#">Wellness Wednesday: Resiliency Part II</a> (1 hr. )                   | Birth-6, Middle School | Elementary, High School |
| September 9, 2020  | <a href="#">Wellness Wednesday: Resiliency Part I</a>                             | Birth-6, Middle School | Elementary, High School |
| September 2, 2020  | <a href="#">Wellness Wednesday: Self Care</a>                                     | Birth-6, Middle School | Elementary, High School |
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| 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      |                         |



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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 |