

Video-on-Demand Library

| Date | Video | Target Audience |
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| July 26 | <u>Identifying Ways to Support Your Child’s Self-Esteem</u> | Birth-6, Elementary, Middle School, High School |
| June 28 | <u>Benefits of Doing an Annual Wellness Visit</u> | Birth-6, Elementary, Middle School, High School |
| May 31 | <u>Tips For Improving your Physical Wellness</u> | Birth-6, Elementary, Middle School, High School |
| April 26 | <u>Creating a family culture of well-being</u> | Birth-6, Elementary, Middle School, High School |
| March 29 th | <u>Embracing the New Season: Celebrating Your Achievements and Successes</u> | Birth-6, Elementary, Middle School, High School |
| February 22 nd | <u>Loving Yourself: It’s Okay to Put Yourself First</u> | Birth-6, Elementary, Middle School, High School |
| January 25 th | <u>Positive Affirmations in Your New Year’s Resolutions</u> | Birth-6, Elementary, Middle School, High School |
| December 28 | <u>The Importance of Family Rituals</u> | Birth-6, Elementary, Middle School, High School |
| November 30 | <u><i>Strategies to Foster Gratitude and Connection</i></u> | Birth-6, Elementary, Middle School, High School |
| October 26 | <u>Ways to Keep Your Children Safe</u> | Birth-6, Elementary, Middle School, High School |
| October 5 | <u>Fostering Open Communication Between You and Your Child</u> | Birth-6, Elementary, Middle School, High School |
| September 28 | <u>Monkeypox, COVID, and More: Staying Healthy During the Fall</u> | Birth-6, Elementary, Middle School, High School |
| September 21 | <u>Fall Activities for Promoting Emotional Wellness</u> | Birth-6, Elementary, Middle School, High School |
| September 14 | <u>Wellness Begins Early: Self-Care Tips for Children</u> | Birth-6, Elementary, Middle School, High School |

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| September 7 | Getting off to a Good Start: Morning Rituals to Uplift Your Mind, Body, and Spirit | Birth-6, Elementary, Middle School, High School |
| August 31 | Connecting With and Supporting Your Child's Teacher | Birth-6, Elementary, Middle School, High School |
| August 24 | Lunchbox Notes: Creative Ways To Build Relationships and Self-Confidence | Birth-6, Elementary, Middle School, High School |
| August 17 | First Day Parent Jitters: Preparing Yourself Emotionally for Your Child's Return to School | Birth-6, Elementary, Middle School, High School |
| August 10 | Getting Back Into the School Year Routine | Birth-6, Elementary, Middle School, High School |
| August 3 | Setting Our Children up for Success: Tips for Returning to School (No Recording/technical issue) | Birth-6, Elementary, Middle School, High School |
| July 27, 2022 | Connecting with other Adults and Support Systems during the Summer | Birth-6, Elementary, Middle School, High School |
| July 20, 2022 | Tweens and Teens: Creative ways to Connect with Older Children | Birth-6, Elementary, Middle School, High School |
| July 13, 2022 | Ways to Spark Connection and Conversation with your Young Child | Birth-6, Elementary, Middle School, High School |
| July 6, 2022 | Routines, Schedules, and Fun: Engaging your Children during the Summer | Birth-6, Elementary, Middle School, High School |
| June 29, 2022 | Summer Activities to Boost your Family's Wellbeing | Birth-6, Elementary, Middle School, High School |
| June 22, 2022 | It Takes a Village: Leaning on your Support Network During the Summer | Birth-6, Elementary, Middle School, High School |
| June 15, 2022 | Decluttering your mind and environment to promote wellness | Birth-6, Elementary, Middle School, High School |
| June 8, 2022 | Summer Mental Health Tips | Birth-6, Elementary, Middle School, High School |
| June 1, 2022 | Steps for Maintaining a Positive Outlook: Transitioning from School to Summer Activities | Birth-6, Elementary, Middle School, High School |

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| May 25, 2022 | <u>Promoting your Child's Social-Emotional Wellness in the Aftermath of Violence</u> | Birth-6, Elementary, Middle School, High School |
| May 18, 2022 | <u>Mental Emotional Reset: Balancing Mind, Body & Soul</u> | Birth-6, Elementary, Middle School, High School |
| May 11, 2022 | <u>Adapting Healthy Strategies for Coping</u> | Birth-6, Elementary, Middle School, High School |
| May 4, 2022 | <u>Planning for Emotional Success</u> | Birth-6, Elementary, Middle School, High School |
| April 27, 2022 | <u>"Strategies to Improve Self-Compassion"</u> | Birth-6, Elementary, Middle School, High School |
| April 20, 2022 | <u>Ways to Practice Gratitude</u> | Birth-6, Elementary, Middle School, High School |
| April 13, 2022 | <u>Feelings vs Values: What's More Important?</u> | Birth-6, Elementary, Middle School, High School |
| April 6, 2022 | <u>How Do Our Values Guide Our Resilience?</u> | Birth-6, Elementary, Middle School, High School |
| March 30, 2022 | <u>Parenting in Difficult Times: Successes and Challenges</u> | Birth-6, Elementary, Middle School, High School |
| March 23, 2022 | <u>Strategies to Promote Self-esteem in Your Children</u> | Birth-6, Elementary, Middle School, High School |
| March 16, 2022 | <u>Encouraging and Building Resilience in Your Children</u> | Birth-6, Elementary, Middle School, High School |
| March 9, 2022 | <u>Fostering the Development of Self-reliance in Your Children</u> | Birth-6, Elementary, Middle School, High School |
| March 2, 2022 | <u>Bending But Not Breaking: Finding the Strength to Push Through It All</u> | Birth-6, Elementary, Middle School, High School |
| February 23, 2022 | <u>Making It Work: Readjusting To COVID in 2022</u> | Birth-6, Elementary, Middle School, High School |
| February 16, 2022 | <u>Checking-in with Family: Ways to Improve How We Communicate</u> | Birth-6, Elementary, Middle School, High School |

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| February 9, 2022 | Self-Care Practices: Taking Care of Ourselves | Birth-6, Elementary, Middle School, High School |
| February 2, 2022 | Practicing What We Know: Maintaining Consistency with Routines | Birth-6, Elementary, Middle School, High School |
| January 26, 2022 | Variants and Children: What You Need to Know? | Birth-6, Elementary, Middle School, High School |
| January 19, 2022 | Practicing Self-Care and Mindfulness: Staying Calm During this Challenging Time | Birth-6, Elementary, Middle School, High School |
| January 12, 2022 | Strategies for Promoting a Safe and Healthy Return to School | Birth-6, Elementary, Middle School, High School |
| January 5, 2022 | Regaining Our Focus: How Does Our Family Continue to Stay Safe? | Birth-6, Elementary, Middle School, High School |
| December 15, 2021 | Self-care Strategies for Me and My Family | Birth-6, Elementary, Middle School, High School |
| December 8, 2021 | Connecting with your child: Activities to Foster Positive Relationships with Family & Friends | Birth-6, Elementary, Middle School, High School |
| December 1, 2021 | Handling Our Emotions and Stress During the Holidays | Birth-6, Elementary, Middle School, High School |
| November 17, 2021 | Family Fun: Activities to promote positive parent-child relationships. | Birth-6, Elementary, Middle School, High School |
| November 10, 2021 | Sharing meaningful traditions and rituals with our children | Birth-6, Elementary, Middle School, High School |
| November 3, 2021 | Fostering gratitude and appreciation within our families | Birth-6, Elementary, Middle School, High School |
| October 27, 2021 | How can I help my child when he or she is struggling? | Birth-6, Elementary, Middle School, High School |
| October 20, 2021 | Positive ways to help children manage disappointment | Birth-6, Elementary, Middle School, High School |
| October 13, 2021 | Helping our children make good decisions | Birth-6, Elementary, Middle School, High School |

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| October 6, 2021 | Teaching our children how to manage their feelings and behaviors | Birth-6, Elementary, Middle School, High School |
| September 29, 2021 | Parent Wellness: How Are You Really Coping? | Birth-6, Elementary, Middle School, High School |
| September 22, 2021 | Getting Back into a Routine: How Are We Doing? | Birth-6, Elementary, Middle School, High School |
| September 15, 2021 | Promoting My Child's Physical Wellness During the School Year | Birth-6, Elementary, Middle School, High School |
| September 8, 2021 | Back to School Emotions: How Are We Managing? | Birth-6, Elementary, Middle School, High School |
| September 1, 2021 | Being Fully Present for Your Child | Birth-6, Elementary, Middle School, High School |
| 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 |

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| June 23, 2021 | <u>Caring for Others: How Did We Make It?</u> | Birth-6, Elementary, Middle School, High School |
| June 16, 2021 | <u>Human Connections: How Live Interactions Are Different 'Post COVID'</u> | Birth-6, Elementary, Middle School, High School |
| June 9, 2021 | <u>Wellness Wednesday: Emotional Growth: A Sea of Change</u> | Birth-6, Elementary, Middle School, High School |
| June 2, 2021 | <u>Wellness Wednesday: How We Did It: The Good, The Bad, The Ugly</u> | Birth-6, Elementary, Middle School, High School |
| May 26, 2021 | <u>Wellness Wednesday: Emotional Well-Being</u> | 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 |

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| March 3, 2021 | Wellness Wednesday: Adjustment to the Unknown | Birth-6, Elementary, Middle School, High School |
| February 24, 2021 | Wellness Wednesday: Acting Listening | Birth-6, Elementary, Middle School, High School |
| February 17, 2021 | Wellness Wednesday: Building on Family Strengths | Birth-6, Elementary, Middle School, High School |
| February 10, 2021 | Wellness Wednesday: Reduce Conflict and Get More Connected | Birth-6, Elementary, Middle School, High School |
| February 3, 2021 | Wellness Wednesday: It's Okay to Accept Help Sometimes | 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 |

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| 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, Elementary, Middle School, High School |
| September 23, 2020 | Wellness Wednesday: Relationship Part I (1 hr.) | Birth-6, Elementary, Middle School, High School |
| September 16, 2020 | Wellness Wednesday: Resiliency Part II (1 hr.) | Birth-6, Elementary, Middle School, High School |
| September 9, 2020 | Wellness Wednesday: Resiliency Part I | Birth-6, Elementary, Middle School, High School |
| September 2, 2020 | Wellness Wednesday: Self Care | Birth-6, Elementary, Middle School, High School |
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| 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 Workhops: 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 |

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| 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 |

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| 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 |