

Video-on-Demand Library

| Date | Video | Target Audience |
|--------------------|---|---|
| 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 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 |
| 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 |
| September 2, 2020 | Wellness Wednesday: Self Care | Birth-6, Elementary, Middle School, High School |
| 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 |

| | | |
|--|---|-------------------------|
| Wednesday, October 14, 2020 | Wellness Wednesday: Knowledge Part II (1 hr.) | Birth-6, Elementary, |
|--|---|-------------------------|

| | | |
|--|--|--|
| | | Middle School, High School |
| Wednesday, October 21, 2020 | Wellness Wednesday: Support Part I (59 mins) | Birth-6, Elementary, Middle School, High School |