

Video-on-Demand Library

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