

National PTA Resource Document Social Emotional Wellbeing and Mental Health

1. Issue virtual contests, daily challenges, morale boosters to lift spirits. This is an action you can take today!

Celebrate School Spirit Week Online. Host a virtual talent show or art contest. Post weekly update/check-in videos featuring members of your school community. Use National PTA arts education tools to [start your Reflections program](#).

Who to consult: Your PTA Board. If possible, see if your school's social media platforms can participate.

2. Promote family engagement activities. This is an action you can take today!

Organize a chalk the walk (families draw specific objects/characters around a theme in front of their houses); animal safari (Stuffed animals in windows); scavenger hunt (colors, themes, numbers), etc. Encourage families to walk around their neighborhoods and share in on the fun.

Who to consult: Your PTA Board. If possible, see if you can connect with your school's family engagement coordinator or school counselor to reach all families.

3. Coordinate the creation of wellbeing kits (first aid, hygiene and/or mental health care packages).

This would need to be accomplished with zero human contact. Work with your school district or school administration to distribute or create a form for families to order supplies that the PTA pays for.

Who to consult: PTA Board, District level school supports, your school administration, school counselors, local businesses, local nonprofits.

4. Start online community groups with families.

Share resources and meet regularly to check in and talk about the shared resources. Invite school mental health professionals to join groups (school counselors, school psychologists, school social workers and even school nurses).

Who to consult: PTA Board, District level school supports, your school administration, school mental health professionals.

Social Emotional Wellbeing and Mental Health Resources

National PTA [Website](#) COVID19 Resources

- [Mental Health Facts](#)
- [Mental Health and the State PTA](#)
- [Webinars for the Family](#)

Additional Resources

- [Managing Anxiety: Viewing News Coverage](#)
- [Movement and Mindfulness Videos](#)
- [Trauma Informed Parenting During COVID](#)
- [Supporting Children's Emotional Well-being during COVID-19](#)

Success Stories

- [Long Island parents livestream nightly bedtime stories for kids](#)
- [Reflections student creates sidewalk chalk art to bring joy to others](#)
- [Pine Bluff High School and PTA celebrate seniors with a ceremony and parade](#)