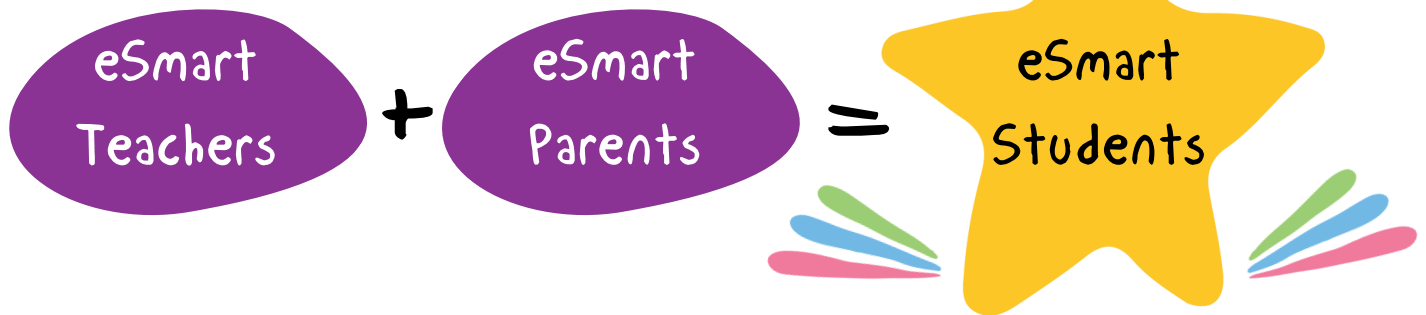


Series 5:

Social and Emotional Wellbeing

**Teacher Resources**[eSmart's Teacher Wellbeing Tips](#)

6 practical tips for how to prioritise your wellbeing while teaching remotely.

[Self-care while working from home](#)

An article from Edutopia. Also see '[Developing a Self-Care Plan](#)' (from Reach Out)

Parent Resources[Keeping Children Safe Online](#)

A resource from 'COVID-19 Parenting' on managing online risks faced by your children (joint initiative by WHO, UNICEF and more)

[Supporting Young People Through COVID-19](#)

An article from ISV's Parents' Website by psychologist Andrew Fuller. Ideas for parents to support young people to keep calm at home during the pandemic

Student Resources[Smiling Mind](#)

A free Australian app developed by psychologists and educators to bring balance to your life through meditation and mindfulness [also for teachers and parents]

[Making Good Decisions Online](#)

An eSafety lesson plan/presentation with teaching slides outlining their 'think, evaluate, choose (TEC)' model and various scenarios. Can be delivered online. (Yrs 3-6)