



Butte Area
Social Emotional Solutions
2775 Yard Street
Oroville, CA 95966
(530) 532-5844
Fax (530) 532-5884



Melanie Quave
Principal
mquave@bcoe.org

Aaron Benton
SELPA Director
abenton@bcoe.org



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“Different. Not less.”
Temple Grandin

BASES Learning Center In Home Social Emotional Learning 101

BASES Learning Center strives to support our students in school and in the home. The Special Education and Local Planning Area (SELPA) and Butte County Office of Education are collaborating with local and state organizations to address the public health concerns presented by Covid-19, and BASES Learning Center will continue to keep families updated as information becomes available. This document hopes to provide families with resources to support students and families in maintaining stability and emotional wellbeing as our community works towards the next steps.

As parents and caregivers, you are well aware of the benefits of a structured day. Maintaining a daily structure in the home will aid your child in adjusting to the changes from not attending school. This can be as simple as maintaining their usual sleep and waking time, regular snack and meal schedule, and identifying a time for family activities. Please watch the following video produced by the Casel organization, found on youtube: SEL for Parents: <https://www.youtube.com/watch?v=y2d0da6BZWA>

This video highlights a number of key skills and resources. Many times, conflicts can be resolved by maintaining an inquisitive mind and approach. Asking a child about their decisions and actions can bring them, and us, to greater social and emotional understanding. For more information and conversational tips please visit both www.casel.org and <http://www.parenttoolkit.com/>.

Being at home during the rainy season can present many challenges, and the big question is how to keep your child busy. A wonderful resource for Social Emotional Learning games and activities can be found at this website: <https://confidentparentsconfidentkids.org/kid-resources/games/>. In addition to resources and games, this site contains many articles on establishing a learning environment in the home, promoting sibling kindness, and even an article on what to do when your child's school closes because of Covid-19 (found under the “Latest” section of their page).

The following pages will contain valuable community resources, reading and viewing recommendations, as well as crisis intervention and safety planning resources. The Staff at BASES Learning Center will continue to work with families and local agencies to support our students. From our family at BASES to yours at home, our hearts and minds will be on yours and please remember:

“Of all the rocks upon which we build our lives, we are reminded today that family is the most important.” -- Barack Obama



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Resources:

Book List:

On perception of problems, and positive thinking:

“**Alexander and the Terrible, Horrible, No Good Very Bad Day**” By Judith Voirst

“**David Gets in Trouble**” (and the other “David” books) By David Shannon

Understanding labels and positive self-perception:

“**What was I Scared of**” From Sneetches and Other Stories, By Dr. Seuss

“**The Ugly Duckling**” By Jerry Pinkney

“**The Story of Ferdinand**” By Munro Leaf

“**Dove Isabeau**” By Jane Yolan

Defense mechanisms:

“**The Hating Book**” By Charlotte Zolotow

“**Words are not for Hurting**” By Elizabeth Verdick

“**The Rain Came Down**” By David Shannon

Overcoming challenges and finding motivation:

“**Stellaluna**” By Janell Cannon

“**Three Wishes**” By Lucille Clifton

“**One Grain of Rice**” By Demi

“**The Story of Little Babaji**” By Helen Bannerma

Peer pressure and courage:

“**Star-Bellied Sneetches**” From Sneetches and Other Stories

“**The Hundred Dresses**” By Eleanor Estes

“**Feelings**” (Also Manners and Communication) By Alik

Desire, Time, and Effort or the ingredients to success:

“**The Tortoise and the Hare: An Aesop’s Fable**” By Angela McAllister and Jonathan Heale

“**The Little Red Hen**” By Jerry Pinkney (Illustrator)

“**The Ant and the Grasshopper**” By Amy Lowry Poole

Integrity:

“**Brave Irene**” By Willia Steig

“**Rainbow Crow**” By Nancy Van Laan and Beatriz Vida

“**The North Wind and the Sun**” By Brian Wildsmith

“**Lazy Lion**” By Mwenye Hadithi and Adriene Kennaway

Movies that support SEL:

- Inside Out
- Science Fair
- Far from the Tree
- RBG
- Wonder
- Arrival
- Liyana
- Black Panther



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Resources:

Helpful Websites:

On finding movies-

<https://afineparent.com/building-character/best-family-movies.html>

<https://www.common sense media.org/>

Skill building and activities:

<http://parentingchangemakers.org/>

<https://confidentparentsconfidentkids.org/>

<https://casel.org/homes-and-communities/>

<http://www.parenttoolkit.com/>

Health and development:

<https://www.healthychildren.org/English/Pages/default.aspx>

Local resources:

<https://www.buttecounty.net/behavioralhealth/help-in-crisis>

<http://www.buttecounty.net/publichealth/Programs/WIC>

Disaster Unemployment Assistance and Butte County Food Assistance:

https://www.edd.ca.gov/unemployment/disaster_unemployment_assistance.htm

<https://www.c4yourself.com/c4yourself/index.jsp>

CRISIS RESPONSE AND INTERVENTION:

Despite a well planned day, plenty of activities to occupy, and consistent communication, sometimes there are just bad days. Being prepared for these times is equally important, and starts with a few key ideas: model emotional regulation (parents are children’s first and greatest teachers and they’ll continue to learn by your example), identify coping skills that work (see next page for a few staple exercises, and ask your children what works for them if at a loss), and identify a place in your home that they may take space to self-regulate (sometimes, removing stimulation and allowing them to calm themselves is the best method). If your child does become unsafe, and there is a risk of harm to themselves or others do not hesitate to call your local law enforcement or Butte County Department of Behavioral Health. Law enforcement collaborates with BCDDBH and may respond with mental health professionals when requested. BCDDBH maintains a Crisis Response Team that will respond to your home to assist in de-escalation and safety planning. They can be reached at: (530) 891-2810.

Prepared by Jeffrey Lester, ACSW. Clinician for BASES Learning Center.