



Five Star Life is releasing our Social and Emotional Learning video curriculum to students, parents, and educators to access online for FREE. During this time of uncertainty, students and parents need hope and support. Our video lessons will help students overcome fear and anxiety, as well as, help them adjust to a new routine of completing school work at home. Here are some of the topics covered to help students adapt and adjust:

- ★ Dealing with change
- ★ Coping with stress and anxiety
- ★ Managing conflict
- ★ Strategies for time management
- ★ Goal-setting
- ★ Navigating friendships and social life

Students and parents can subscribe to our Five Star Life [YouTube Channel](#) for daily content, including live streams and **two SEL video lessons per week**.

Don't forget about the downloadable journal reflection notes to help process the video lesson. [Click here](#) to receive notes and COVID-19 curriculum updates.

Follow us on social media (@thefivestarlife) for updates and join us for weekly **LIVE STREAMS WITH COACH SETH & COACH MORGAN.**

Hit us up on social media or [click here](#) to submit questions for Coach Seth and Coach Morgan. Questions will be answered during the live streams.

[Learn more about 5-Star Life Social and Emotional Learning Video Curriculum.](#)