



Dear Families,

Memphis-Shelby County Schools and Rethink Ed have partnered to provide you access to our online Social and Emotional (SEL) program. Our SEL program provides videos and activities for both adults and children to support your social and emotional wellbeing. You will have access to strategies and tools that will help you and your child recognize and manage emotions, build stronger relationships, and develop skills to lead happier and healthier lives.

What Will I Have Access To?

Your parent login will allow you to access the following features:

- Access on-demand videos presented by experts in the field developed to support your own emotional well-being.
- Strategies and printable resources to help your child develop skills and set positive goals and make responsible decisions.
- Your child will have access to engaging video and activities that provide opportunities to develop decision-making skills, identify and manage their emotions, feel and show empathy toward others, and communicate well with others.

How Do I Register for My Account?

To register for your account:

- Scan the QR code below and click REGISTER. (Note: Be patient. This process may take a few minutes.)
- Write down your username and password.
- Enjoy the program!



If you would like additional help or support with your Rethink Ed account, please email support@rethinked.com

Yours sincerely,

Memphis-Shelby County Schools and Rethink Ed Team