

## **SOCIAL EMOTIONAL LEARNING RESOURCES**

### **EMOTIONS**

[Why Do We Lose Control of Our Emotions?](#)

Why do we lose control of our Emotions?

<https://www.youtube.com/watch?v=DbpTohPUhMw>

Emotions

[Videos — Coping Skills for Kids](#)

Coping Skills for Kids

<https://www.youtube.com/watch?v=DbpTohPUhMw>

Anger

[https://www.youtube.com/watch?v=tNsTy-j\\_sQs](https://www.youtube.com/watch?v=tNsTy-j_sQs)

What causes anxiety and depression from “ Inside Out”

<https://www.youtube.com/watch?v=SJOjpprbfeE>

Alfred and Shadow: A Short Story About Emotions

<https://www.youtube.com/watch?v=5nPj8gtQfJl>

How to control anger?

<https://www.youtube.com/watch?v=Qt5KdVrGgTA>

Emotions BINGO

<https://www.youtube.com/watch?v=nTII0cyUbQo>

Identify the emotions from “ Inside out”

<https://www.youtube.com/watch?v=embYkODkzcs>

Emotion faces

<https://www.youtube.com/watch?v=dOkyKyVFnSs>

Identify emotions “Inside Out” without commentary

[https://www.youtube.com/watch?v=R8c\\_Br8l\\_Tc](https://www.youtube.com/watch?v=R8c_Br8l_Tc)

Being angry and safe

### **MINDFULNESS**

[Mindful breathing with Mojo](#)

Mindfulness Breathing

[Kids explain mindfulness](#)

Kids explain mindfulness

[What Is Mindfulness? | The Mindfulness Toolkit](#)

What is mindfulness?

[What is MINDFULNESS and how do you do it? | Cosmic Kids Zen Den](#)

Cosmic Kids Zen Den Mindfulness

[https://insighttimer.com/mindup?\\_branch\\_match\\_id=830413757257166377&utm\\_campaign=app-share&utm\\_medium=Publisher&mc\\_cid=9c6938d0b2&mc\\_eid=65b9291d4e](https://insighttimer.com/mindup?_branch_match_id=830413757257166377&utm_campaign=app-share&utm_medium=Publisher&mc_cid=9c6938d0b2&mc_eid=65b9291d4e)

MInd Up Curriculum

<https://www.youtube.com/watch?v=fmWYD6aHLhg>

Mindfulness for kids

## **SELF REGULATION**

["Just Breathe" by Julie Bayer Salzman & Josh Salzman \(Wavecrest Films\)](#)

Breathe video

<https://www.youtube.com/watch?v=3Nf2Pzcketg>

Stress Management for kids and Teens

[https://www.youtube.com/watch?v=H\\_O1brYwdSY](https://www.youtube.com/watch?v=H_O1brYwdSY)

5 games to self regulation

<https://www.youtube.com/watch?v=Ck0Hfn5ZHoU>

Size of the Problem

<https://www.youtube.com/watch?v=PT7k2kn-Rmo>

Zones Size of the Problem

<https://www.youtube.com/watch?v=JU3045zjCdg>

Size of the problem with puppets and chemical reactions.

<https://www.youtube.com/watch?v=9Q3IO0U8GEw>

Triggers

<https://www.youtube.com/watch?v=LhPWxH5IbFE>

Expected vs. unexpected behavior

[https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)

Bring it Down Video Go noodle

[Problem Solving with the Fire Pirates!](#)

Calm it Down Dance-Second Step

<https://www.youtube.com/watch?v=diCph-FPrqI>

Inner Coach

<https://www.youtube.com/watch?v=7p2UbPsR9CU>

Conflict resolution for elementary kids

### **SEL Topics Read Aloud Books**

<https://www.youtube.com/watch?v=t6NUJ2JZz50>

Be Kind Book

<https://www.youtube.com/watch?v=3n4rQkkvJG4>

What makes me happy? Book

<https://www.youtube.com/watch?v=bx0OTVKCa08>

Kindness starts with you. Book

<https://www.youtube.com/watch?v=cQH2IE-a80Y>

The Giving Tree. Read Aloud

[book about worry](#)

Ruby finds a Worry book

[Min Jee's Lunch](#)

Read aloud about prejudice

### **ANXIETY**

<https://www.youtube.com/watch?v=l7g8Atv27Q8>

Managing worry and anxiety for kids

<https://luxerecess.com/flusterclux/school-anxiety/>

Podcast Lynn Lyons- Anxiety

<https://www.youtube.com/watch?v=0QXmmP4psbA>

You are not your thoughts

[Fight Flight Freeze – A Guide to Anxiety for Kids](#)

Anxiety explained to kids

## ORGANIZATIONS

### [Florence](#)

Adoption Journeys. Organization to help families after an adoption.

### Books :

#### Grief:

1. **Poppy's Chair** by Karen Hesse
2. **The Fall of Freddie the Leaf** by Leo Buscaglia
3. **Cat Heaven** by Cynthia Rylant
4. **When Dinosaurs Die** by Larie Krasny Brown and Marc Brown
5. **I'll always love you** by Hans Wilhelm
6. **Saying Goodbye to Daddy** by Judith Vigna
7. **The Memory Book** by Joanna Rowland
8. **The Memory String** by Eve Bunting

#### Anger/ Self Regulation

1. **Angry Octopus** by Lori Lite
2. **What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger (What-to-Do Guides for Kids)**  
by [Dawn Huebner](#) (Author), [Bonnie Matthews](#) (Illustrator)
3. **How to take the Grrr out of anger** by Elizabeth Verdick and Marjorie Lisovskis
4. **Soda Pop Head** by Julia Cook
5. **But it's not my Fault** by Julia Cook
6. **My Mouth Is a Volcano** by Julia Cook

#### Anxiety

1. **Living with Viola** by Rosena Fung
2. **Hey Warrior** by Karen Young
3. **American Girls series:**
  1. **Worry**
  2. **Drama, Rumors, Secrets**
  3. **Friendship Troubles**
4. **Your Happiest You**
5. **How Big Are Your Worries, Little Bear** by Jayneen Sanders
6. **Wilma Jean and the Worry Machine** by Julia Cook