

Videos related to Social Emotional Learning:

Sometimes using a short video can be a great way to introduce a new concept to your child. Choose a video to watch with your child. Watch the entire video through one time and then recap it for them. (Ex. "I saw they were feeling mad, but when they stopped and watched the glitter jar it helped them feel better!") Ask open ended questions. (Ex. "What was a time you felt mad?") Then watch the video again, pausing it to ask questions about what just happened or what they think will happen next. Songs can be played throughout the day, especially if they relate to an emotion the child is currently feeling! Come back to the video once or twice a week and talk about events in your week that reminded you about the concept you're learning. (Ex. "I remember when we were cleaning up and you helped me. I saw you were feeling so proud of yourself! I felt proud of you too!")

Esme & Roy:

Belly Breathing: <https://pbskids.org/video/esme-roy/3032584660>

Glitter Jar: <https://www.youtube.com/watch?v=-Gy1brc8B-c>

Storybots:

Emotions: <https://www.youtube.com/watch?v=akTRWJZMks0>

Sesame Street:

Feelings Have Names: <https://sesamestreetincommunities.org/topics/emotions/?activity=feelings-have-names>

I Can Let My Feelings Out: <https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=can-let-feelings>

I Can Feel Safe: <https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=i-can-feel-safe>

Teaching Belly Breathing: <https://sesamestreetincommunities.org/activities/teaching-belly-breathing/>

Hug It Out: <https://sesamestreetincommunities.org/topics/emotions/?activity=hugging-it-out>

Sing It Out: <https://sesamestreetincommunities.org/topics/emotions/?activity=sing-it-out>

Big Feelings: <https://sesamestreetincommunities.org/topics/comfort/?activity=talking-big-feelings>

Finding Comfort: <https://sesamestreetincommunities.org/topics/comfort/?activity=finding-comfort-family-friends>

Noticing Feelings Change: <https://sesamestreetincommunities.org/topics/tantrums/?activity=noticing-feelings-change>

Empathy: <https://sesamestreetincommunities.org/topics/caring/?activity=empathy>

Getting Along with Siblings: <https://sesamestreetincommunities.org/topics/caring/?activity=getting-along-siblings>

Count, Breathe, Relax: <https://sesamestreetincommunities.org/topics/traumatic-experiences/?activity=count-breathe-relax-parent>

Proud Song: <https://sesamestreetincommunities.org/topics/family-bonding/?activity=proud-song>

Teaching Persistence: <https://sesamestreetincommunities.org/topics/tantrums/?activity=teaching-persistence>

Explaining Anger:

Just Breathe: <https://www.youtube.com/watch?v=RVA2N6tX2cg&t=1s>

Flipping Your Lid: <https://www.youtube.com/watch?v=3bKuoH8CkFc&t=2s>

Class Dojo:

Growth Mindset: Your Brain Is Like A Muscle: <http://vid.ly/3c0x2k>

GM: The Magic of Mistakes: <http://vid.ly/8c1n7n>

GM: The Incredible Power of Yet: <http://vid.ly/6n0j6o>

GM: The Mysterious World of Neurons: <http://vid.ly/7n3n7x>

GM: Mojo Puts It All Together: <http://vid.ly/7b0p2v>

Mindfulness: Mojo Meets The Beast: <http://vid.ly/3r1t4q>

Mindful Breathing with Mojo: <http://vid.ly/1o1q5g>

Empathy: Mojo The Director: <http://vid.ly/4y2s9l>

Empathy: Mojo Discovers the Maze: <http://vid.ly/9s9y9f>

Empathy: Escaping the Maze: <http://vid.ly/2v9y7m>

Respect 1 of 3: https://youtu.be/E_IcinAftuk

Respect 2 of 3: <https://youtu.be/nABxCW3ARFQ>

Respect 3 of 3: https://youtu.be/PL5_BUQ2uQQ