

# SOCIAL EMOTIONAL RESOURCES

## Mindfulness:



<https://www.brainpop.com/health/personalhealth/mindfulness/>

<https://confidentcounselors.com/2019/02/20/5-amazing-reasons-you-should-be-teaching-mindfulness/>

<https://www.youtube.com/watch?v=awo8jUxlm0c&feature=youtu.be>

<https://www.youtube.com/watch?v=aNCB1MZDgQA&feature=youtu.be>

<https://drive.google.com/file/d/16ZOvxqUuqPKbWQK1JtUgVsCT-FPsB-f0/view>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

<https://ideas.classdojo.com/b/mindfulness>

<https://www.headspace.com/meditation/kids>

<https://kidshealth.org/en/kids/mindfulness.html?WT.ac=ctg>

<https://open.spotify.com/album/5qbHO536joueVXbYjNArYQ>

<https://open.spotify.com/playlist/4ePkDoalzU40IA06jFspek>

<https://copingskillsforkids.com/>

<https://parentinfo.org/article/mindfulness-in-schools-a-parents-guide>

<https://www.parents.com/health/healthy-happy-kids/why-and-how-to-teach-kids-mindfulness/>

[https://www.youtube.com/watch?v=l\\_XNI5UTX84&feature=youtu.be](https://www.youtube.com/watch?v=l_XNI5UTX84&feature=youtu.be)

<https://www.thirtyhandmadedays.com/slime-kit/>

- **College and career:**



No one expects a [young child to choose a career](#) at an early age, but learning about occupation options helps inspire them to go after their dreams as they grow. By visiting career sites for kids children get overviews and requirements for various professions and learn what they will need to pursue their ideal job.

<https://vimeo.com/200062120>

<http://www.kidsthinkdesign.org/index.html>

[https://tryengineering.org/students/?\\_ga=2.18566969.144307548.1567975671-538232996.1567975671](https://tryengineering.org/students/?_ga=2.18566969.144307548.1567975671-538232996.1567975671)

<https://www.nasa.gov/kidsclub/index.html>

<https://www.bls.gov/k12/students/>

<http://wonderopolis.org/>

<https://www.knowitall.org/series/kids-work>

<https://careerwise.minnstate.edu/careers/careervideos.html>

<https://www.engineergirl.org/>

- **Bullying information:**



<https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/BullyPreventionBrochureforParents.pdf>

<https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/letter%20to%20parents%20bullying.pdf>

[https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus\\_tips\\_for\\_parents\\_child\\_being\\_bullied.pdf](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_for_parents_child_being_bullied.pdf)

[https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus\\_tips\\_for\\_parents\\_child\\_witnesses\\_bullying.pdf](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_for_parents_child_witnesses_bullying.pdf)

[https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus\\_tips\\_parents\\_child\\_bullying\\_others.pdf](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_parents_child_bullying_others.pdf)

[https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus\\_tips\\_talking\\_to\\_educators\\_bullying\\_prevention.pdf](https://www.knoxschools.org/cms/lib/TN01917079/Centricity/Domain/5555/olweus_tips_talking_to_educators_bullying_prevention.pdf)

**Grief resources:**



<https://kidshealth.org/en/parents/death.html>

<http://www.griefspeaks.com/id5.html>

<https://www.autismspeaks.org/grief-and-bereavement-resources>

**Helping students with friendship and social skills:**



<https://www.psychologytoday.com/us/blog/growing-friendships/2012/09/how-children-make-friends-part-1>

- **Teaching about feelings and anger management:**



<https://copingskillsforkids.com/managing-anger>

<https://www.psychologytoday.com/us/blog/growing-friendships/201806/children-s-anger-management-strategies-work>

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

[http://csefel.vanderbilt.edu/familytools/teaching\\_emotions.pdf](http://csefel.vanderbilt.edu/familytools/teaching_emotions.pdf)

- **Behavior resources:**



<https://www.loveandlogic.com/>

<https://www.parentingscience.com/teaching-self-control.html>

<https://www.psychologytoday.com/us/blog/media-spotlight/201702/w hen-children-lie>

<https://www.thirtyhandmadedays.com/how-to-clean-your-room-printable/>

- **Character Education:**



<https://charactercounts.org/>

<https://www.parents.com/featured/JIF5KeyWaystoHelpYourChildBuildCharacter2017>

<https://www.parentingforbrain.com/6-controversial-tips-teaching-kids-respect/>

<http://www.momentsaday.com/100-kids-activities-to-build-character/>