

Social and Emotional Learning (SEL) Resources

Katherine Epstein, School Counselor

Note: If you are in need of resources or looking for a way to help, please reach out to me via the above email. Thanks! 😊

Covid-19 Resources and Mini Lessons

- BrainPOP Coronavirus for elementary students. Mini Lesson Link: <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Just for Kids: A comic Exploring The New Coronavirus (NPR) for all students and parents. Mini Lesson Link: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- Talking to Your Children About Coronavirus. Parent article link and can be translated in Spanish: <https://www.rockbrookcamp.com/blog/conversation-starters-topics/>

SEL and Stress Management Resources and Mini Lessons

- GoZen: Videos, lessons and programs for purchase to manage stress and build resilience for kids. Link: <https://gozen.com/allprograms/>
- Smiling Mind: A great mindfulness app/website for the whole family. Many use Smiling Mind in class as a way to help calm and focus their brains and bodies. Link: <https://www.smilingmind.com.au/>
- Cosmic Kids: Yoga and mindfulness for kids. This is a great resource and I use this for my Mindful Morning small group sessions. Link: <https://www.youtube.com/user/CosmicKidsYoga>
- ClassDojo: Social and Emotional Learning mini lessons (some available on YouTube as well). Link: <https://ideas.classdojo.com/>

Podcasts for Children, Parents and Adults

- Peace Out: Short stories that help kids calm down and relax. Link: <https://bedtime.fm/peaceout>
- 8 wonderful podcasts on the topic of anxiety. Link: <https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/>

Social Skill Book Resources

Note: Please check out YouTube for possible free read-aloud versions of the following books. Also, this website may have great SEL options and read-aloud books. Link: <https://www.storylineonline.net/>. Here is another read-aloud resource link: <https://www.getepic.com/>.

Covid-19

- “Something Bad Happened: A Kid’s Guide to Coping with events in the News” by Dawn Huebner”
- “What To Do When You’re Scared & Worried: A Guide for Kids” by James J Crist
- “Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids” by Carol McCloud
- “How are you Peeling: Foods with Moods” by Saxton Freymann & Joost Elffers
- “The Way I Feel” by Janan Cain
- “A Terrible Thing Happened” by Margaret M Holmes

Kindness and Friendship

- “Kindness Counts” by Bryan Smith
- “Respect and Take Care of Things” by Cheri Meiners
- “Be Polite and Kind” by Cheri Meiners
- “Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids” by Carol McCloud
- “The Judgmental Flower” by Julia Cook
- “The Lion and the Mouse” by Jerry Pinkney
- “Last Stop on Market Street” by Matt De La Pena
- “Under the Lemon Moon” by Edith Hope Fine
- “The Kindness Quilt” by Elizabeth Wallace
- “Be Kind” by Pat Zietlow Miller
- “Those Shoes” by Maribeth Boelts
- “The Jelly Donut Difference” by Maria Dismondy
- “Good People Everywhere” by Lynea Gillen
- “What Does it Mean to be Kind” by Rana D’Orio
- “We’re All Wonders” by R. J. Palacio
- “Have You Filled a Bucket Today?” by Carol McCloud
- “Each Kindness” by Jacqueline Woodson
- “The Big Umbrella” by Amy Bates
- “Most People” by Michael Leannah
- “The Snail and the Whale” by Julia Donaldson
- “The Magic of Friendship Snow” by Andi Cann
- “The Berenstain Bears and the Trouble With Friends” by Stan & Jan Berenstain
- “The Berenstain Bears and the In-Crowd” by Stan & Jan Berenstain
- “Cliques, Phonies, and Other Baloney” by Trevor Romain
- “Pink Tiara Cookies for Three” by Maria Dismondy
- “Our Friendship Rules” by Peggy Moss & Dee Dee Tardif
- “Two” by Kathryn Otoshi
- “Making Friends is an Art!” by Julia Cook
- “How to be a Friend” by Laurie Krasny Brown

Self-Regulation

- “What Do You Do With A Problem” by Kobi Yamada
- “Calm Down and Work Through Anger”
- “Listening to My Body” by Gabi Garcia
- “My Incredible Talking Body” by Rebecca Bowen
- “I Will Be Okay” by Laurie Wright
- “Jared’s Cool-Out Space” by Jane Nelson (safe space/calm down corner book)

Conflict Resolution

- “Talk and Work it Out” by Cheri Meiners
- “What Do You Do with A Problem” by Kobi Yamada
- “Enemy Pie” by Derek Munson
- “The Wall in the Middle of the Book” by Job Agee

Personal Space and Impulse Control

- “What Were You Thinking” – Bryan Smith
- “Cool Down and Work Through Anger” and “Be Polite and Kind” by Cheri Meiners

- "Voices Are Not for Yelling" and "Words Are Not For Hurting" by Elizabeth Verdick
- "Words Are Not for Hurting" by Elizabeth Verdick
- "Hands are Not for Hurting" by Martine Agassi
- "My Mouth is A Volcano" by Julia Cook

Sportsmanship

- "If Winning Isn't Everything, Why Do I Hate to Lose?" by Bryan Smith
- "Howard B. Wigglebottom Learns about Sportsmanship" by Howard Binkow
- "Sally Sore Loser: A Story About Winning and Losing" by Frank Silio

Apologizing and Honesty

- "Zach Apologizes" by William Mulcahy
- "That Rule Doesn't Apply to Me" by Julia Cook Sneaky Weasel by Hannah Shaw
- "Lively Elizabeth! What Happens When You Push" by Mara Bergman
- "Martha Doesn't Say Sorry!" by Samantha Berger
- "I Didn't Do it!" By Sue Graves
- "Eli's Lie-O-Meter" by Sandra Levins
- "Ricky Sticky Fingers" by Julia Cook
- "Lying Up a Storm" by Julia Cook
- "But It's Not My Fault" by Julia Cook

Skills for Learning and Organization

- "Listen and Learn" by Cheri Meiners
- "Where's My Stuff?" by Samantha Moss

Anxiety, Worry & Mindfulness

- "Calm Down and Work Through Anger"
- "Listening to My Body" by Gabi Garcia
- "I Will Be Okay" by Laurie Wright
- "I Can Handle It" by Laurie Wright
- "My Incredible Talking Body" by Rebecca Bowen
- "What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety" by Dawn Huebner, Ph.D.
- "Wemby Worried" by Kevin Henkes
- "Building Emotional Intelligence" by Linda Lantieri (includes exercises that parents can do with their children to build inner strength)
- "When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety"
- "Helping Your Anxious Child" by Ronald M. Rapee
- "How are you Peeling: Foods with Moods" by Saxton Freymann & Joost Elffers
- "The Way I Feel" by Janan Cain
- "A Terrible Thing Happened" by Margaret M Holmes
- "Don't be Afraid to Drop" by Julia Cook
- "Go Away Big Green Monster" by Ed Emberley
- "Breathe Like a Bear" by Kira Willey
- "Is a Worry Worrying You" by Ferida Wolff and Harriet May Savitz
- "Too Shy for Show and Tell" by Beth Bracken
- "Peaceful Piggy Meditation" by Kerry Lee MacLean
- "Mindful Monkey, Happy Panda" by Lauren Alderfer

Strong Feelings

- “Calm Down and Work Through Anger” and "Be Polite and Kind" by Cheri Meiners
- “Voices Are Not for Yelling” and "Words Are Not for Hurting" by Elizabeth Verdick
- “Words Are Not for Hurting” by Elizabeth Verdick
- “Hands are Not for Hurting” by Martine Agassi
- “When Sophie Gets Angry” by Molly Bang
- “Blueloon” by Julia Cook
- “Hurty Feelings” by Helen Lester
- “When Sadness is at Your Door” by Eva Eland
- “Life Without Nico” by Andrea Maturana
- “When I Feel Sad” by Cornelia Spelman
- “If You're Angry and You Know It!” by Cecily Kaiser and Cary Pillo
- “What Do You Do With A Problem” by Kobi Yamada
- “Angry Octopus” by Lori Lite
- “The Grouchies” by Debbie Wagenbach
- “Soda Pop Head” by Julia Cook
- “When I feel Angry” by Cornelia Maude Spelman

Self Esteem and Growth Mindset

- “Bubble Gum Brain” by Julia Cook
- “My Strong Mind” by Niels Van Hove
- “It’s Okay to Make Mistakes” by Todd Parr
- “I Can Handle It” by Laurie Wright
- “I Will Be Okay” by Laurie Wright
- “Stand Tall, Molly Lou Melon” by Patty Lovell
- “I Like Me” by Nancy Carlson
- Zero by Kathryn Otoshi
- “I Believe in Myself” by Laurie Wright
- “Spaghetti in a Hot Dog Bun: Having the Courage to be Who You are” by Maria Dismondy
- “It’s Okay to be Different” by Todd Parr
- “I’m Gonna Like Me: Letting Off a Little Self-Esteem” by Jamie Lee Curtis & Laura Cornell
- “Don't Feed the Monster on Tuesdays: The Children's Self-Esteem Book” by Adolph Moser
- “I Like Myself” by Karen Beaumont
- “I Want Your Moo! A Story for Children About Self-Esteem” by MarcellBaker Weiner
- “Incredible You! 10 Ways to Let your Greatness Shine Through” by Wayne W. Dyer and Kristina Tracy

Bullying

- ”Howard B. Wigglebottom Learns About Bullies” by Howard Binkow
- “Simon's Hook” by Karen Gedig Burnett
- “Enemy Pie” by Derek Munson
- “The Recess Queen” by Alexis O'Neill and Laura Huliska-Beith
- “Stop Picking On Me” by Pat Thomas
- “Confessions of a Former Bully” by Trudy Ludwig
- “Weird! Dare!” Tough! by Erin Frankel
- “One” by Kathryn Otoshi
- “A Walk with Vanessa” by Kerscoet

- “Bully B.E.A.N.S.” by Julia Cook
- “Juice Box Bully” by Bob Sornson and Marie Dismondy
- “I Didn’t Know I was a Bully!” By Melissa Richards

Empathy, Compassion & Diversity

- “Ordinary Mary’s Extraordinary Deed” by Emily Pearson
- “Be Kind” by Pat Zietlow Miller
- “Stand in My Shoes” by Bob Sornson
- “Most People” by Michael Leannah
- “I am Human” by Susan Verde
- “The Name Jar” by Yangsook Choi
- “Kindness Starts with You – At Schoolby” Jacquelyn Stagg
- “I am Enough” by Grace Byers
- “A Walk with Vanessa” by Kerscoet
- “All are Welcome” by Suzanne Kaufman
- “The Skin You Live In” by Michael Tyler
- “Come with Me” by Holly McGhee
- Peace Week in Miss Fox’s Class by Eileen Spinelli
- “The Colors of Us” by Karen Katz
- “Same, Sam but Different” by Jenny Sue Kostecki-Shaw
- “This is How We Do It: One Day in the Lives of Seven Kids from around the World” by Matt Lamothe
- “What You Do Matters” by Kobi Yamada
- “Strictly No Elephants” by Lisa Mantchev
- “Have You Filled a Bucket Today” by Carol McCloud

Grief and Loss

- “The Invisible String” by Patrice Karst
- “Memory Box” by Joanna Rowland
- “Heart and the Bottle” by Oliver Jeffers
- “Tear Soup” by Pat Schwiebert & Chuck DeKlyen
- “Gentle Willow” by Joyce Mills
- “The Goodbye Book” by Todd Parr
- “When Someone Very Special Dies” by Marge Heegaard
- “Lifetimes: The beautiful way to explain death to children” by Byan Mellonie & Robert Ingpen

Kindness Movies:

- “Up”
- “Inside Out”
- “Tangled”
- “BFG”
- “Wonder”
- “Big Hero 6”
- “Homeward Bound”
- “Charlotte’s Web”
- “Finding Dory”

- “The Iron Giant”
- “Kindness is Contagious”