Worksheets to send home

Title	Link
Anger	https://drive.google.com/open?id=0BZfzvEvuobs8Z0hZRmF4eEtxYXc
Anxiety	https://drive.google.com/open?id=175H1ZKvmt08IsUlPB7r2PQ2DK27_DqG2
Asking for help	https://drive.google.com/open?id=1NTY9C5FmSSkQRE0jxZf8x77o9N2OUaB
Assertiveness	https://drive.google.com/open?id=1UP23I9CThKP3vJWM9GGBi5ZJO5Kfb3dZ
Character Traits	https://drive.google.com/open?id=1p15ffkSJ35OPDtoCeRqaJppGBNW3Q7V8
Classroom/School Rules	https://drive.google.com/open?id=0BZfzvEvuobs8cUNJR1qzMIdWM0E
Communication	https://drive.google.com/open?id=1vifdBW40IxPAIC0A1nmTLCzggOx6q-BW
Conflict Resolution	https://drive.google.com/open?id=1fzMA1QRAZOrZK5txtDThIleBRaXM_C1p
Consequences	https://drive.google.com/open?id=1WnVUZMrCRBYEO60r2Z4uWskI39_sCh3
Conversation Skills	https://drive.google.com/drive/folders/1uydS8_HnfK7nQyv_NXZZI3AwZH63PrCv?usp=sharing
Coping Skills	https://drive.google.com/open?id=0BZfzvEvuobs8WXhOclYzZlRYVig
Corona Virus Resources	https://docs.google.com/spreadsheets/d/1Rod9MFtlUAX1h6JXUkxiJiemtNxncsIunJ_HsPxtIww/edit?usp=sharing
Decision Making	https://drive.google.com/open?id=1PVr1MNZ3WICIqXWnGgvlPy1IPzSoXXtW
Empathy	https://drive.google.com/open?id=1OnhOcId6b2JugD9WO2eRGBmEbX06R2xK
Family	https://drive.google.com/open?id=1Rlg0qQ8p-MZBk0q7zvonwAmFKpmm8jh
Feelings	https://drive.google.com/open?id=0BZfzvEvuobs8MVUzeWYtaHNhZFU
Following Directions	https://drive.google.com/open?id=1mZ-xrBXlindPUSI9plfBiq7T4AxvpQ1
Friendship	https://drive.google.com/open?id=1QVsxaOu1IIf_5vlAdzdr-Shw4UjKNI5n
Gratitude	https://drive.google.com/open?id=1rXzuyzGBi3HmXyHqJ9K2lBYoPA7qy9yq
Grief	https://drive.google.com/open?id=12o3nfp4PDXwtzJpujdvP6Fo1gZIN1EnC
Impulse Control	https://drive.google.com/open?id=1Y0OeZYYR7dgGj_J_fnIeyyXLCykMYdqJ
Introductions/ Ice Breakers	https://drive.google.com/open?id=0BZfzvEvuobs8SnJxRVh4TWVmZFE
Kindness	https://drive.google.com/open?id=12XWNIKuhjmTVTCNGiX094_ruZg0pL5__
Mindfulness	https://drive.google.com/drive/folders/0BzzM_AnzPaDpdTVTcW5VWE0tLU0?usp=sharing
Perseverance	https://drive.google.com/open?id=1R_tciDJ0OLczziB3WCWKnVV8jZTGrP2N
Positivity	https://drive.google.com/open?id=1r4huH12FH6Opjk9QEGD_cBhNw02xFbtM
Pragmatics	https://drive.google.com/drive/u/0/folders/1fU26Ca57OnRensce32QoMDD7fUMUurD9
Resiliency	https://drive.google.com/open?id=1fSpZGakceB7NjtqBWO2-D1B-_hXhQvjX
Self-Care	https://drive.google.com/open?id=1u9ADLGms_JMnq5OqdWWop_6GCJCE_Aqh
Self-Control	https://drive.google.com/open?id=1VINc_PtEaUdTZTjDbzf294oZ2SDr4hES
Self-Esteem	https://drive.google.com/open?id=1fsy9IF4ZFy59Gc45vlqgvSXwbgBxk_au
Size of the Problem	https://drive.google.com/open?id=1M8euQ8eOQ50r-T8eUmMGkPI63YOgsIaN
Social Stories	https://drive.google.com/open?id=1H1ZuWYad39ok-HvRVa_lgtpryh1mEw8T
Staying on topic	https://drive.google.com/open?id=1TolyX8_TXxgGjgc_9o6iMoVbd2uibKV7
Super Flex Curriculum	https://drive.google.com/drive/folders/0BzzM_AnzPaDpc1ktR1ViSTEzVlk?usp=sharing
Tattling	https://drive.google.com/open?id=1AhET78tmPQubMTILrYJdAV9To6-cnPKB
Teamwork	https://drive.google.com/open?id=1rPqNmJTAUZzN61V7zSuFrUrGduxEsd2A
Impulse Control, Communication, Empathy	https://www.centervention.com/social-emotional-learning-activities/
Zones of Regulation	https://drive.google.com/drive/u/0/folders/0BzzM_AnzPaDpb3ZDQXQ3UzFBZlk

Online Videos to watch

Title	Skill	Grade	Link
Be a team player	Sharing	K-2	https://www.youtube.com/watch?v=FozzxJLublA
Howard learns to listen	Anger Management		https://www.youtube.com/watch?v=9wC2XqCW64k
Getting Along		PK-1	https://www.youtube.com/watch?v=FozzxJLublA
Furry Potter & The Goblet of Cookies	Careful Listening	PK-1	https://www.youtube.com/watch?v=C6ju2-IjWhs&t=2s
Sharing Things	Sharing	PK-1	https://www.youtube.com/watch?v=dhWUFXvaZjo&t=213s
The Aveggies- Age of Bon Bon	Talk to self	PK-1	https://www.youtube.com/watch?v=AHPn5d7wRtk&t=3s
The Walking Gingerbread	Controlling Urges	PK-1	https://www.youtube.com/watch?v=SJPnYMNGrEc&t=41s
Star S'Mores	Count to 4, Sing Song, Use imagination	PK-1	https://www.youtube.com/watch?v=i-LfQCPJJkY&t=106s
Game of Chairs		PK-1	https://www.youtube.com/watch?v=dhWUFXvaZjo
"The Voice"	Recognizing Sounds	PK-1	https://www.youtube.com/watch?v=hL0kyOlG9dg&t=96s
Twilight Breaking Cookie	Controlling Urges	PK-1	https://www.youtube.com/watch?v=4l9mjSeAVW0&t=2s
The Biscotti Kid	Eyes Watching, Ears Listening, Voice Quiet, Body Calm	PK-1	https://www.youtube.com/watch?v=G6FDts-erVw&t=117s
Jurassic Cookie	Strategies to Relax	PK-1	https://www.youtube.com/watch?v=d0dbJi6x0eU&t=2s
Lord of the Crumbs	Stay Patient	PK-1	https://www.youtube.com/watch?v=8nN9lNJuqG4&t=9s
Les Mousserables	Identify Feelings	PK-1	https://www.youtube.com/watch?v=GyYZfSmwH3c&t=2s
The Spy Who Loved Cookies	Listening to all Directions	PK-1	https://www.youtube.com/watch?v=Yz9u-oG3BqM&t=167s
Cookies of the Caribbean	Task Persistance	PK-1	https://www.youtube.com/watch?v=b1__ggnfue0&t=3s
The Hungry Games	Games	PK-1	https://www.youtube.com/watch?v=eT7nD02Im5E&t=7s
Nosh of the Titans	Memory Games	PK-1	https://www.youtube.com/watch?v=v7bsa2_W2io&t=32s
Mad Men	Intro to different feelings	PK-1	https://www.youtube.com/watch?v=YgvKCfZqxrQ&t=26s
The Life of Whoopie Pie	Control Desires	PK-1	https://www.youtube.com/watch?v=l5Zo3UGFlJ4
When Cookie Met Sally	Waiting in Line	PK-1	https://www.youtube.com/watch?v=6G9rjsQ0PE8&t=3s
The Bernstein Bears and the trouble with friends	Getting Along with others	PK-1	https://www.youtube.com/watch?v=dbw0ACfwO3U
Saying "Thank You"	Manners	PK-1	https://www.youtube.com/watch?v=c_2k7iFnWwE
For the Birds	Conflict	K-8	https://www.youtube.com/watch?v=BPopaJsNWd4&disable_polymer=true
Inside Out	Feeling Identification	K-5	https://www.youtube.com/watch?v=dOkyKyVFnSs
Cosmic Kids Yoga	Coping	k-5	Pokemon Yoga
			Frozen Yoga

Read Aloud Stories

Title	Skill	Grade	Link
The Mad Family	Anger Management	K-1	https://www.youtube.com/watch?v=n9KybTzwkyY&list=PL6RcrKwPxzWwUHC7CxHwSb3On_dP0EOt9&index=2
Be Kind		K-1	https://www.youtube.com/watch?v=t6NUJ2JZz50
Bully		K-1	https://www.youtube.com/watch?v=Ej1LIIN34SM
Getting Along		K-1	https://www.youtube.com/watch?v=FozzxJLublA
	Mindfulness		
			https://www.stopbreathethink.com/educators/
			https://www.brainpop.com/health/?fbclid=IwAR0loQ7AumR69Ze5KD0F0CY9I877v-K7GqMWnISuV7C06AhqD-HMwIHmNPA
			https://jr.brainpop.com/health/?fbclid=IwAR07IkNmw38KT5O0Im0uohDgB88SOSU2L35UwpOI47Pab7ohuP-1xEvjDv8
			https://www.smilingmind.com.au/
			https://onlinecounsellingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/?fbclid=IwAR05Co-jw8ACUqiAiPs4JfmlQBokkvPhMml2hwdBO2q1cgcgdc7Mc2YrxSY
			https://www.headspace.com/meditation/kids
			https://www.calm.com/
			https://www.socialthinking.com/
		k-8	https://app.gonoodle.com/categories

Self-Regulation C

https://online.sanfordharmony.org/lessons/sfwd-grades-PreK-and-K-Unit-2-Empathy-and-Critical-Thinking-24-Having-Empathy/

https://www.youtube.com/watch?v=H_O1brYwdSY