



Social-Emotional Learning Resources

Websites

“MindShift explores the future of learning in all its dimensions. We examine how learning is being impacted by technology, discoveries about how the brain works, poverty and inequities, social and emotional practices, assessments, digital games, design thinking and music, among many other topics.” You can like MindShift on Facebook or sign up for their weekly newsletter via email. <https://ww2.kqed.org/mindshift/>

Free resource that we use at CHA. Short child-friendly videos on breathing, calming, mindfulness, how to get along, how to go to sleep. www.Mindyeti.com

Free resource that we use at CHA. Lots of short videos to help children take a “brain break” (short break in the classroom in between academic lessons). Research shows that mixing in movement with learning helps us retain the information. Plus, we all know that children do better when we let them “get their wiggles out”. www.Gonoodle.com

“Stories that connect and sometimes even change the world.” www.upworthy.com

“Turning the science of happiness into activities and games that retrain your brain to banish negative thoughts and create a more fulfilling life.” www.happify.com

“Taking time for what matters.” www.mindful.org

Resources and links to CASEL, the Collaborative for Academic, Social, and Emotional Learning. www.casel.org

Articles

50 books that help teach children empathy <https://goo.gl/hOr9OE>

How to develop self-control in children, includes specific strategies <https://goo.gl/xro2IV>

Importance of using specific praise with children <https://goo.gl/2KWM08>

Importance of emotional intelligence for students to do well academically <https://goo.gl/l0hG5L>

How to model being an includer <https://goo.gl/KUKI22>

How to raise a caring child <https://goo.gl/sgnTLP>

Journal article on evidence showing mindfulness helps w/ADHD – very lengthy <https://goo.gl/Dtdg6s>

50 easy calm down techniques <https://goo.gl/klfDFK>

Children’s books that encourage kindness <https://goo.gl/0S5VLF>

49 phrases to help calm down an anxious child <https://goo.gl/vcMliZ>

Importance of SEL for college and future life prep <https://goo.gl/hziwqH>

Apps

Breathe2relax (children and adults) – walks you through deep breathing

Settle your glitter – mindful breathing using a cartoon

Smiling mind – mindfulness and meditation – best for older children and adults

Chakra Chime – timer with peaceful bell sound

