



SEL VIDEOS

Emotions

Respecting Differences

Coping Strategies

Goal Setting

Mindfulness

Conflict Resolution

Empathy

Digital Safety & Citizenship

Bullying Prevention

Self-Perception & Confidence



SEL VIDEOS - EMOTIONS

"Faces - BrainPOP"

"Stress - BrainPOP"

"Sesame Street: Dave Matthews and Grover Sing about Feelings"



SEL VIDEOS - COPING STRATEGIES

“A to Z of Coping Strategies”

“Managing Worry and Anxiety for Kids”

“Social Emotional Learning Videos for Kids - 6 Tips to Manage Stress!”



SEL VIDEOS - MINDFULNESS

“What is Mindfulness?”

“Finding Your Yeti Body”

“Hello Feelings: Listen”

“The Tree in the City: Listen”

“Mindfulness - BrainPOP”



SEL VIDEOS - EMPATHY

“All About Empathy for Kids”

“Building Empathy for Kids”

“Sesame Street: Empathy”



SEL VIDEOS - BULLYING PREVENTION

“Bullying - BrainPOP”

“Stop Bullying Now! (Web Series)”

“Protect Yourself - Bullying”



SEL VIDEOS - RESPECTING DIFFERENCES

"Sesame Street: We're Different, We're the Same"

"Civil Rights - BrainPOP"



SEL VIDEOS - GOAL SETTING

“Setting Goals - BrainPOP”

“Getting Help - BrainPOP”



SEL VIDEOS - CONFLICT RESOLUTION

“Conflict Resolution - BrainPOP”



SEL VIDEOS - DIGITAL SAFETY &
CITIZENSHIP

“Digital Etiquette - BrainPOP”

“Social Media - BrainPOP”



SEL VIDEOS - SELF-PERCEPTION &
CONFIDENCE

"The Reflection in Me"

"Social Emotional Learning Videos for Kids: Self-Awareness & Strengths"