

Social & Emotional Learning

Watch these videos with your students or children to help them understand their feelings



Divided into Feeling Rooms, depending on how they're feeling and what they need.



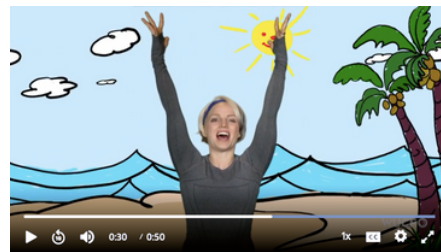
Green Room

Videos:

What I Am | Sesame Street
Song



Like a Tree | Happy Healthy Kids
Exercise



How to Draw Feelings with Scribbles and Ink
Art



Yellow Room

Videos:

Huff Puff and Blow Slow | Happy Healthy Kids
Breathing



Feeling Faces | Happy Healthy Kids
Feelings



3-2-1 Awareness | Get Up and Go!
Mindfulness



Red Room

Videos:

Feelings | Sesame Street
Feelings



Tell Someone | Arthur
Communication



Tracing Fingers | Get Up and Go!
Mindfulness



Blue Room

Videos:

Disappointed | Sesame Street
Feelings



Feeling Ejected | Martha Speaks
Feelings



Breathe With Me | Yoga for Kids
Breathing
4 videos

