



CLASSROOM RESOURCES

Self-Worth and Affirmation

- [Believe in Yourself](#) | *Dance to Success* (available in Spanish) | Grades PreK - 5
- [Express Your Emotions](#) | *Dance to Success* (Spanish video available, Support material English only) | Grades PreK - 5
- [Build Confidence with a Self-Portrait](#) | Grades PreK - 5
- [Build Self-Confidence with a Goal-Setting Activity](#) | *Sesame Street* | Grades PreK - 5

Disappointment and Sadness

- [Activity: That's Disappointing](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K
- [Article: Disappointment at Birthdays & Holidays](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K
- [No Sand in the House](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K
- [You'll Feel Better Again Jar](#) | *Daniel Tiger's Neighborhood* | Grades PreK - 5

Jealousy

- [Katerina is Jealous](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K
- [Daniel is Jealous](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K

Anger

- [Activity: Get Out the Mad Cookies](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K

Anxiety and Stressful Feelings

- [Harper Talks about Anxiety](#) | TEAMology | Grades PreK - 5
- [Coping with Stress](#) | TEAMology | Grades PreK - 5
- [Shadows Can Be Scary](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K

Happiness and Joy

- [My Special People Activity Sheet](#) | *Arthur* | Grades PreK - 2
- [Elmo's World Kindness Bingo](#) | *Sesame Street* | Grades PreK - 2
- [Happy Days Chart](#) | *Sesame Street* | Grades PreK - 2

Mindfulness: Managing and Understanding Emotions

- [All about Emotions: PreK and K](#) | PBS KIDS | Grades PreK - K
- [All about Emotions: Grades 1 and 2](#) | PBS KIDS | Grades 1 - 2
- [Healthy Minds, Thriving Kids Collections](#) | Grades 3 - 12
- [Understanding Emotions with a Feelings Faces Chart](#) | Grades PreK - 5
- [Marlene: Terapeuta Familiar / Family Therapist](#) | CEREBROedu (The educator guide is available in Spanish and English) | Grades 6 - 12
- [Saying I'm Sorry is the First Step Strategy Song](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K
- [Use Your Words and Say How You Feel Song](#) | *Daniel Tiger's Neighborhood* | Grades PreK - K
- [Kindness Curriculum: English](#) | Kindness in the Classroom (Spanish available) | Grades PreK - K
- [Kindness Curriculum: Social & Emotional Learning Competencies](#) | Kindness in the Classroom
- [ASU COMPASS for Courage Curriculum](#) | Grades 3 - 8
- [How Art You Feeling?](#) | Social & Emotional Learning: The Arts for Every Classroom | Grades 3 - 12
- [Practice Mindfulness with Belly Breathing](#) | Grades PreK - 5
- [Teachable Moments: DIY Stress Ball](#) | Grades PreK - 5

PARTNER RESOURCES

- [When I Feel: A Mental Health Lesson Plan](#) | Grades 1 - 8
- [A Week Of Wellness: A Mental Health Workbook \(FREE\)](#) | Grades 1 - 8
- [Heroes Of History: A Free Resilience Lesson](#) | Grades 1 - 8
- [In The Moment: A Starting Point For Mindfulness](#) | Grades 1 - 8
- [Your Brain Read-Aloud](#) (Sign up for Momentous Institute email updates to receive this free read-aloud) | Grades K - 5
- [Kindness Kangaroo](#) | PreK - 2
- [Mindful Breathing Exercise](#) | PreK - K

