

Anger and Feeling Mad

- [Katerina Gets Mad \(Game\)](#) | *Daniel Tiger's Neighborhood* | ages 2 - 8
- [Daniel Gets Mad / Katerina Gets Mad \(Full Episode\)](#) | *Daniel Tiger's Neighborhood* | ages 2 - 8

Mindfulness and Naming That Feeling

- [Guess the Feeling](#) | *Daniel Tiger's Neighborhood* | ages 2 - 8

Self-Worth and Affirmation

- [Build Confidence With a Self-Portrait](#) | ages 2 - 8
- [Build Self-Confidence With a Goal-Setting Activity](#) | *Sesame Street* | ages 2 - 8
- [All about Emotions: PreK and K](#) | PBS KIDS | ages 4 - 6

Managing and Understanding Emotions

- [Understanding Emotions With a Feelings Faces Chart](#) | ages 2 - 8
- [Overcome Tough Feelings While Making Donkey Hodie's Beach Bongos](#) | *Donkey Hodie* | ages 2 - 8
- [All About Emotions: Grades 1 and 2](#) | PBS KIDS | ages 6 - 8
- [All About Emotions Bingo](#) | ages 2 - 8
- [How Mindfulness Can Help Kids \(and Parents!\) Weather Emotional Storms](#)
- [5 Ways Books Can Help Your Anxious Child](#)

Mindfulness and Breathing Exercises

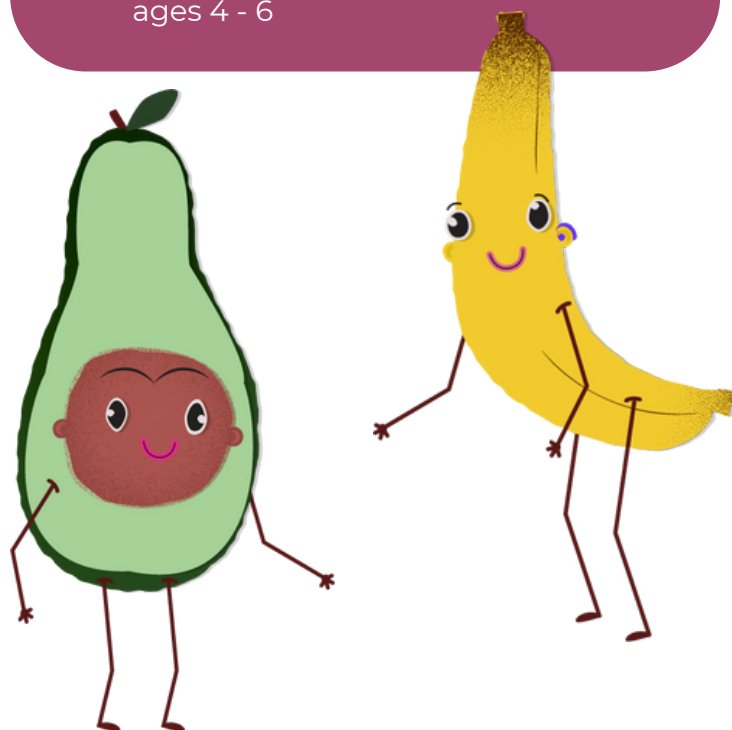
- [Practice Mindfulness With Belly Breathing](#) | ages 2 - 8
- [Teachable Moments: DIY Stress Ball](#) | ages 2 - 8

Disappointment and Sadness

- [You'll Feel Better Again Jar](#) | *Daniel Tiger's Neighborhood* | ages 2 - 8

Happiness and Joy

- [My Special People Activity Sheet](#) | *Arthur* | ages 2 - 8
- [Elmo's World Kindness Bingo](#) | *Sesame Street* | ages 4 - 6
- [Happy Days Chart](#) | *Sesame Street* | ages 4 - 6



PARENT RESOURCES

Feelings and Emotions

- [WNET Education: EXPRESSING EMOTIONS](#)
- [WNET Education: SHARING FEELINGS](#)
- [WNET Education: AUTISM: CONNECTING WITH EMOTIONS](#)

Empathy

- [Help Kids Be More Empathic By Caring for Others](#) | PBS KIDS For Parents