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

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