

Social-Emotional Learning

Videos to Support Students in Grades K-2

Video Title	Duration	Source	Discussion Questions
"Sesame Street: Mark Ruffalo: Empathy"	2:28	Sesame Street	<ul style="list-style-type: none"> • This video teaches you about empathy. What is empathy? • Why is empathy important? • Share a story of a time someone understood the way you were feeling.
"Kindness Through Their Eyes"	2:31	Dalai Lama Center for Peace & Education	<ul style="list-style-type: none"> • What's one way the kids in the video describe what it means to be kind? • Why is it important to be kind every day? • What are some ways you are kind to others? • How are others kind to you?
"Controlling Emotions for Kids"	2:43	Math & Learning Videos 4 Kids	<ul style="list-style-type: none"> • What do you think Mr. Box needs to work on so he doesn't explode? • How could you help Mr. Box control his emotions? • What are some things you can do to help control your own emotions?
"Managing Worry and Anxiety for Kids"	3:15	Flocabulary	<ul style="list-style-type: none"> • Where in his body does Joey feel his worry? • What do you worry about? • What can you do to help yourself when you feel worried? (Self-talk, talk to a trusted adult, deep breaths, focusing on what is happening around you)