

## Social-Emotional Learning

### Videos to Support Students in Grades K-2

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