Social & Emotional Learning

Watch these videos with your students or children to help them understand their feelings.

Divided into Feeling Rooms, depending on how they're feeling and what they need.
Green Room

Videos:

What I Am | Sesame Street
Song
(1:43)

Like a Tree | Happy Healthy Kids
Exercise
(0:50)

How to Draw Feelings with Scribbles and Ink
Art
(1:00)

kbtc.org
kbtckids.org
Yellow Room

Videos:

Huff Puff and Blow Slow | Happy Healthy Kids
Breathing

Feeling Faces | Happy Healthy Kids
Feelings

3-2-1 Awareness | Get Up and Go!
Mindfulness

kbtckids.org
Red Room

Videos:

Feelings | Sesame Street
Feelings

Tell Someone | Arthur
Communication

Tracing Fingers | Get Up and Go!
Mindfulness
Blue Room

Videos:

Disappointed | Sesame Street
Feelings

Feeling Ejected | Martha Speaks
Feelings

Breathe With Me | Yoga for Kids
Breathing
4 videos