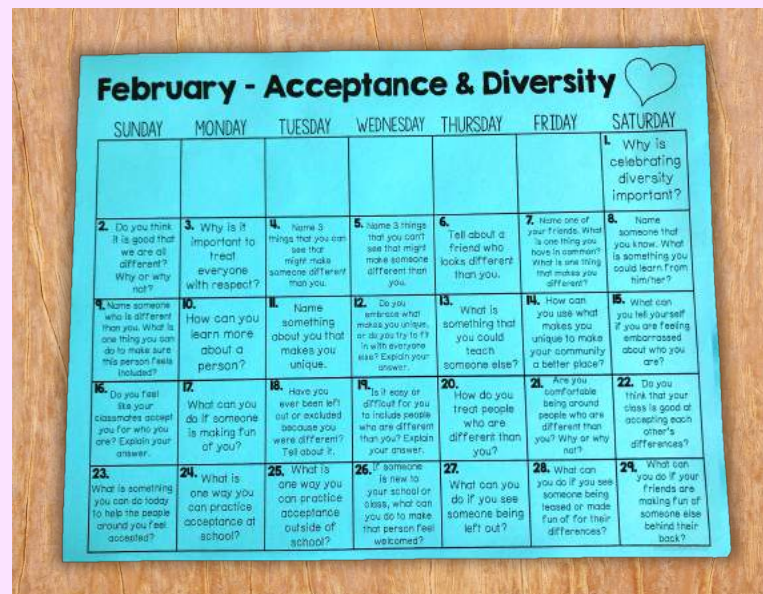


# **Includes materials for a monthly focus on each of the following 12 topics:**

- GROWTH MINDSET
- ACCEPTANCE & DIVERSITY
- SELF ESTEEM
- FRIENDSHIP
- CONFLICT RESOLUTION
- SOCIAL PROBLEM SOLVING
- MINDFULNESS
- KINDNESS
- BULLYING PREVENTION
- COPING SKILLS
- SELF CONTROL
- FEELINGS

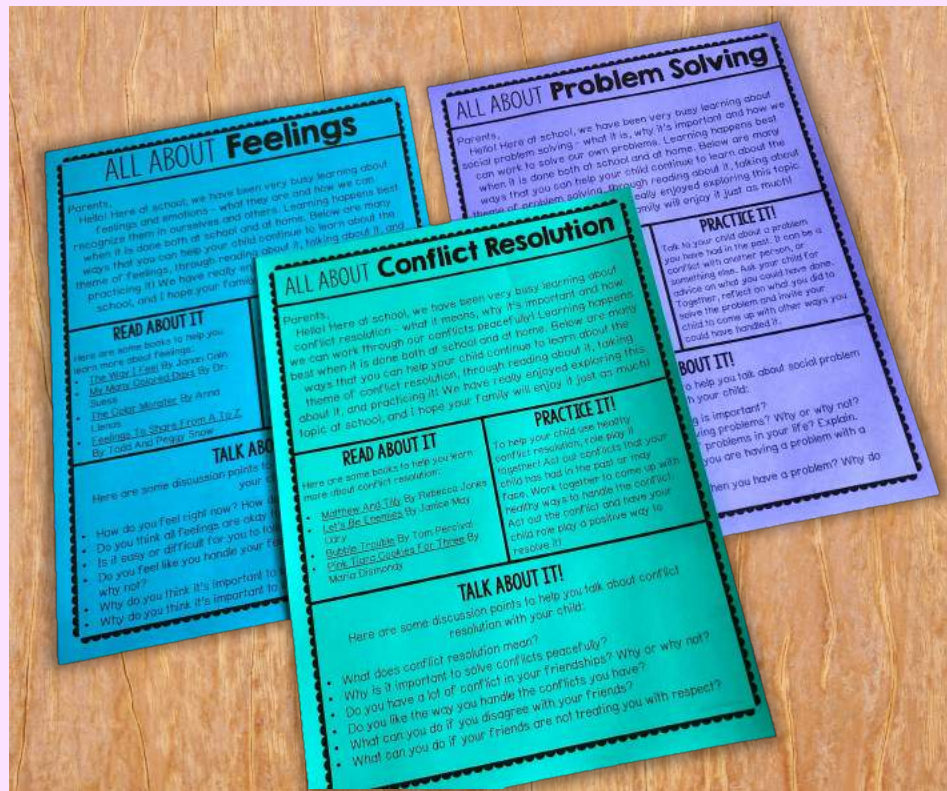
# Each topic includes 31 discussion questions in calendar form and list form!



The calendar version of the discussion questions can be used to provide a “question of the day” for students. This can be given as a reflection question during the school announcements, as a discussion question during morning meetings or even sent home with students to encourage SEL at home! The calendar is also provided in an editable form to change the month and dates.

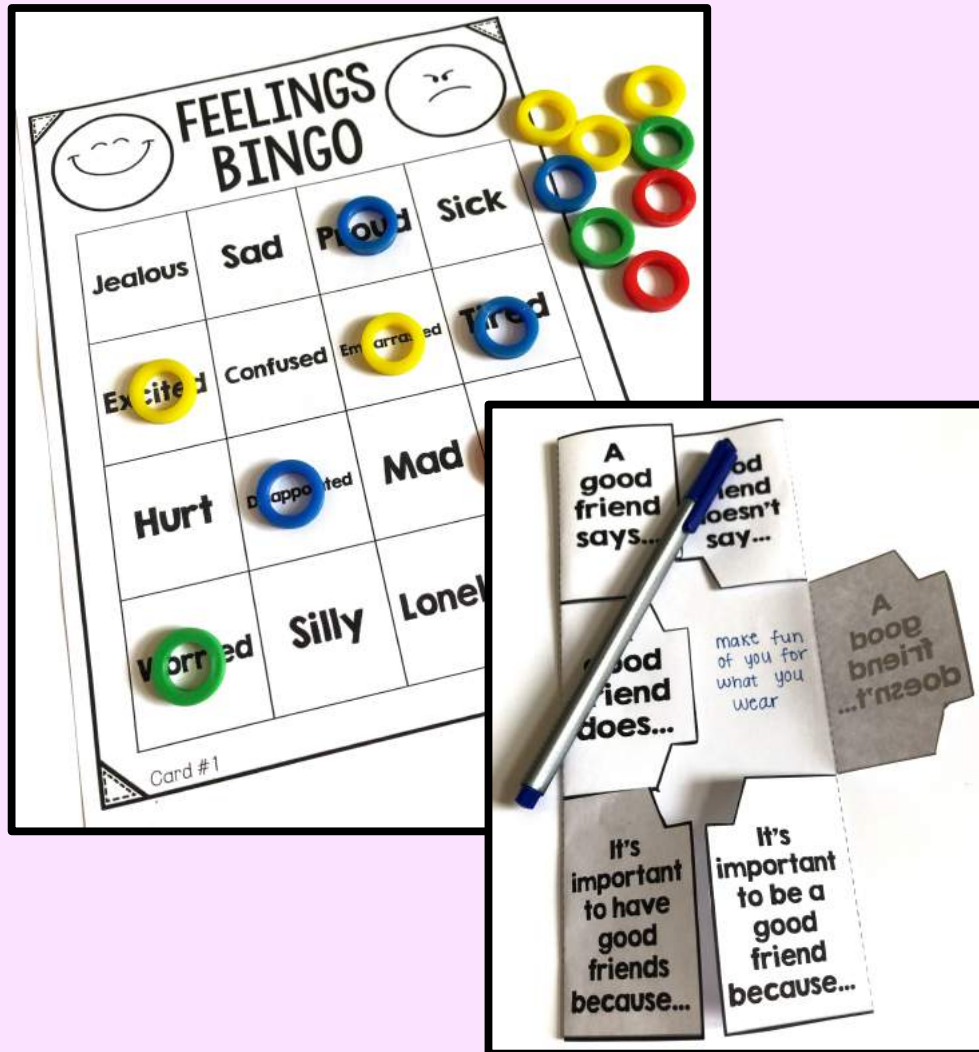
The list version of the discussion questions can be used if you are not covering the topic during the suggested month. These can also be used as a guide during individual, small group or classroom lessons!

# Each topic includes a parent page to encourage SEL at home!



These letters can be sent home to help parents support the learning that their child is doing at school. Parents will be provided with ideas for activities, discussion questions, and picture books they can use to further explore each social emotional topic with their child. The parent pages also come in an editable version.

# Each topic includes a NO-PREP lesson!



Each no prep lesson can be used in classrooms or small groups to help the students better understand each topic. These lessons are great for morning meetings, character education lessons or during monthly school counseling lessons! They include objectives, an activity, and pre-activity and post-activity discussion questions

# Each topic includes a list of additional resources!

**Additional Resources: Mindfulness**

Use these additional resources to further explore mindfulness with your students.

**Picture Books For Students:**

- Puppy Mind By Andrew Jordan Nance
- What Does It Mean To Be Present? By Rana DiOrio
- I Am Peace: A Book Of Mindfulness By Susan Verde
- Charlotte And The Quiet Place By Deborah Sosin
- The Lemonade Hurricane: A Story Of Mindfulness And Meditation By Licia Morelli

**Resources For Teachers:**

- Mindfulness And Yoga Practitioners By Cait
- The Invisible Classroom In School By Kirke Oll
- Mind Up: <https://mind>
- Mind Yeti: <https://www>
- Mindful Schools: <http>

**Videos For Students:**

- Mindfulness And How <https://youtu.be/aNCE>
- Just Breathe: <https://>
- Class Dojo Mindfulness: <https://ideas.classdoj>
- Kids Explain Mindfulness
- Mindfulness In School [https://youtu.be/a\\_hP](https://youtu.be/a_hP)

**CounselorChelsey Teachers Pay Teachers Resources:**

- Mindfulness Activities

\*Please note that the links above are subject to change, as I do not own them. I affirm that at the creation of this resource, all links lead to the correct destination.

**Additional Resources: Coping Skills**

Use these additional resources to further explore coping skills with your students.

**Picture Books For Students:**

- B Is For Breathe By Melissa Munro Boyd
- Grandfather Gandhi By Arun Gandhi and Bethany Hagedus
- The Huge Bag Of Worries By Virginia Ironside
- Angry Octopus By Lori Lite
- Soda Pop Head By Julia Cook

**Resources For Teachers Or Parents:**

- The Explosive Child: A New Approach For Understanding And Parenting Easily Frustrated, Chronically Inflexible Children By Ross Greene
- The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them By Elaine Aron
- Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors By Pat Harvey and Jeanine Penzo
- Seeing Red: An Anger Management and Anti-bullying Curriculum for Kids By Jennifer Simmonds
- Coping Cat Online Tools: <https://www.copingcatparents.com/>

**Videos For Students:**

- Calm Down And Release The Amygdala: <https://youtu.be/Zs559quIGDo>
- Why Do We Lose Control Of Our Emotions?: <https://youtu.be/3bKuoHBCkFc>
- Controlling Emotions – A Lesson From Angry Birds: <https://youtu.be/pFkRbUKy19g>
- Managing Worry And Anxiety For Kids: <https://youtu.be/7g8Atv27Q8>
- Bring It Down – Flow – GoNoodle: [https://youtu.be/bRkLIoT\\_NA](https://youtu.be/bRkLIoT_NA)

**CounselorChelsey Teachers Pay Teachers Resources:**

- Coping Skills Activities: <http://bit.ly/CopingSkillsActivitiesCC>
- Anger Management Activities: <http://bit.ly/AngerManagementActivities>

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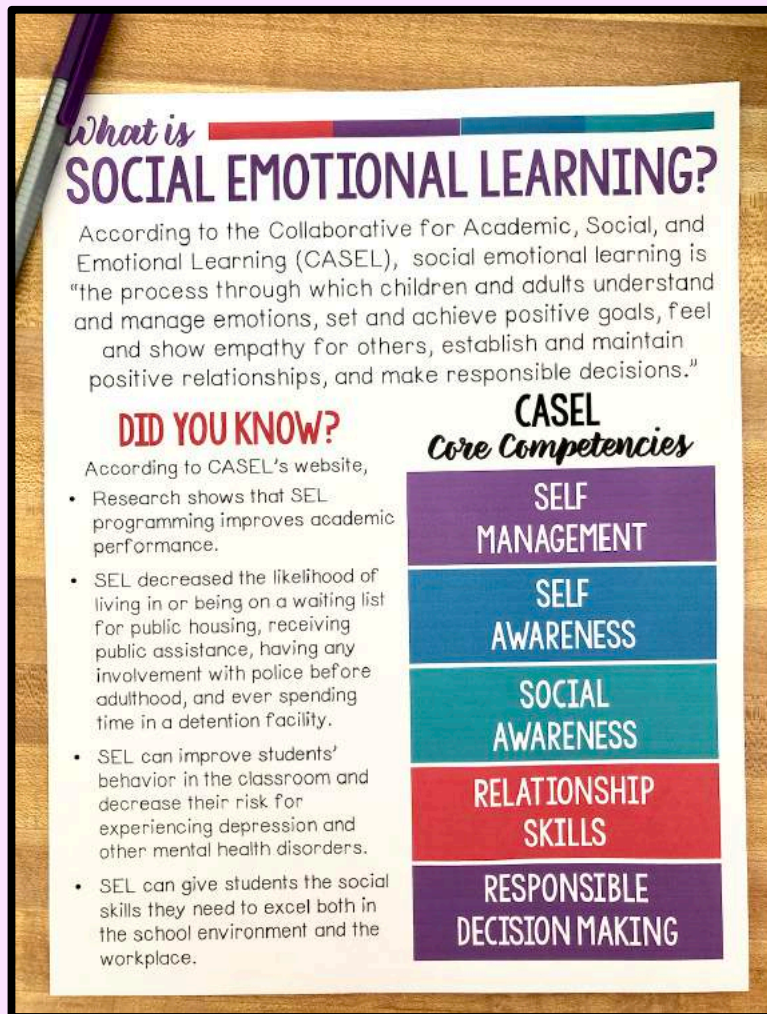
Each list of additional resources includes 5 picture books, 5 videos, and 5 parent/teacher resources that can be used to further explore the topic.

# Each topic includes a certificate!

The certificates can be used to recognize students who have demonstrated progress or excellence related to each topic. All certificates come in color and black & white.

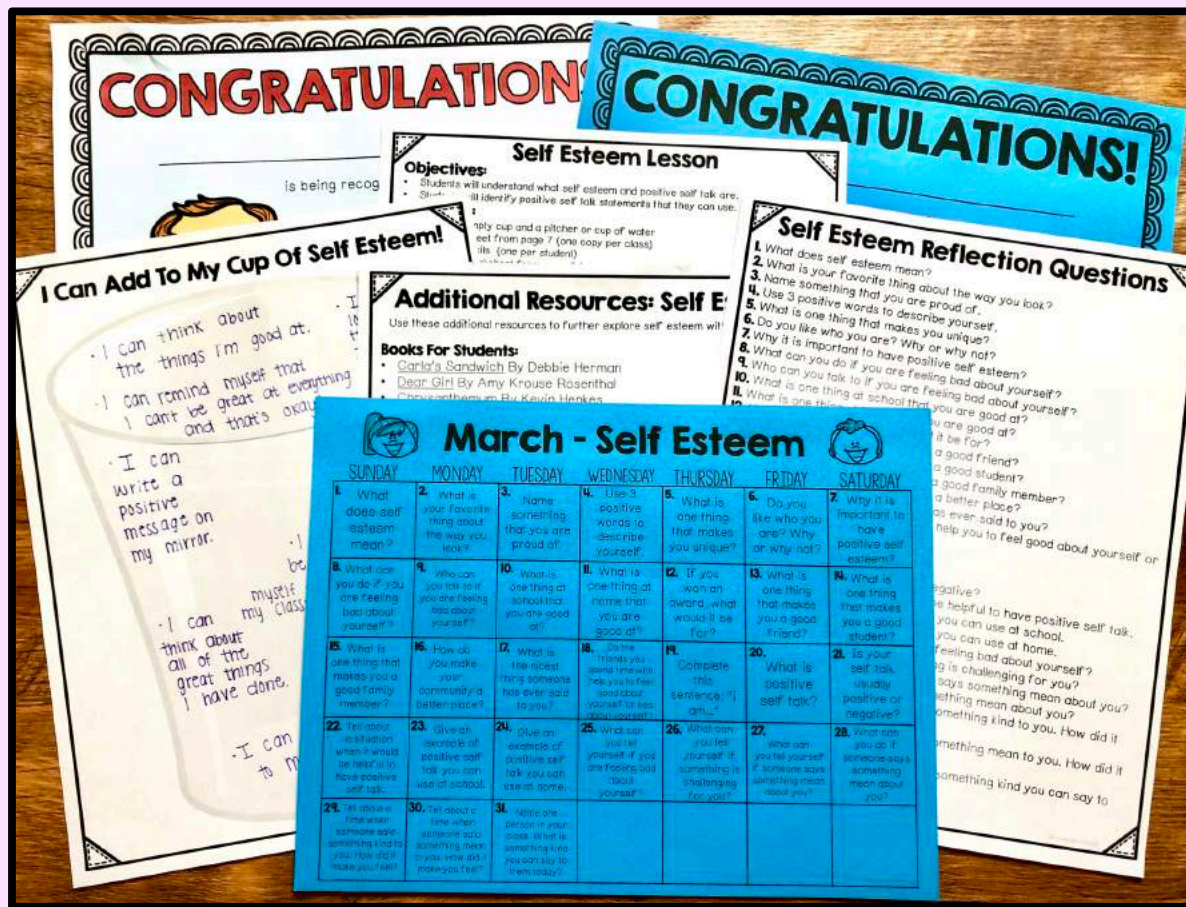


# Includes an SEL handout and list of additional resources!



The handout can be given to parents and school staff to help them understand what social emotional learning is and why it’s important. There is also a list of 10 professional development books to support SEL.

# These materials give you everything you need to have a social emotional focus of the month!



This resource can be used by school counselors, school psychologists, or classroom teachers!