K,1,2

**Social**

Hands (and feet) to Self

* Hands are not for Hitting
* Personal Space Camp
* Your Body Belongs to You
* I Said No!
* Hands to Self: <https://www.youtube.com/watch?v=8iTPPh1d2j8>

Fair Ways to Play

* How to Lose All your Friends
* Millie Fierce
* The Recess Queen
* Teamwork Isn’t my Thing, and I Don’t like to Share!
* It’s Mine! (Nami)
* Sharing and Taking Turns (22:50): <https://www.youtube.com/watch?v=GvrCB7RkqFc>

Bullying Prevention

* Spaghetti in a Hot Dog Bun
* My Secret Bully
* One
* Just Kidding
* Topsy and Tim Help a Friend
* Tease Monster
* Say Something
* Stop Picking on Me
* Simon’s Hook (Nami)
* (27:10) <https://www.youtube.com/watch?v=GvrCB7RkqFc>
* Upstander: <http://www.thenedshow.com/upstander.html>
* Meanest Girl: <https://www.youtube.com/watch?v=QFWfFCmjH_s>

Friendship

* You Will Be My Friend!
* Enemy Pie
* How to Be a Friend
* Have you Filled a Bucket Today?
* How to Lose all your Friends
* Learning to be a Good Friend (Nami)
* Making Friends is an Art! (staff lounge)
* <https://www.youtube.com/watch?v=38Sxy5hrej0#action=share>
* Friendship Soup: <https://www.youtube.com/watch?v=H7w7yXkJTu0>

Perspective-Taking/Empathy

* A Rainbow of Friends
* Don’t Call Me Special
* Since We’re Friends
* The Judgmental Flower
* Chocolate Milk, Por Favor (Nami)
* Those Shoes (Nami)
* Freedom School, Yes! (Nami)
* Empathy: <https://www.youtube.com/watch?v=ENIB2H3S_oQ>
* Empathy: <https://www.youtube.com/watch?v=mDzpQYqXhdM>
* Empathy: <https://www.youtube.com/watch?v=64gU5ZO1K14>
* Special Needs/Belonging <https://www.youtube.com/watch?v=M_2Nh5S4GLA&feature=player_embedded>

Working Together & Accepting Differences

* Teamwork Isn’t my Thing, and I Don’t like to Share!
* The Crayon Box that Talked
* Pumpkin Soup
* <https://www.youtube.com/watch?v=GvrCB7RkqFc>

Fairness & Accepting Differences

* Being Fair
* Wild about Us
* The Judgmental Flower
* Fair is Fair
* The Sandwich Swap (Nami)
* Chocolate Milk, Por Favor (Nami)
* Freedom School, Yes! (Nami)

Teamwork/Cooperation

* Teamwork Isn’t my Thing, and I Don’t like to Share!
* The Crayon Box that Talked
* Pumpkin Soup
* If Winning Isn’t Everything, Why do I Hate to Lose?
* It’s Mine! (Nami)
* Good sportsmanship: <https://www.youtube.com/watch?v=0JvTJchlk48&list=PL4_HDAcESJsDajrb9F-UEdso3USHYOqOU&index=7>
* Sportsmanship: <https://www.youtube.com/watch?v=hSMSqIK08es>

Asking Someone to Play

* You Will Be My Friend!
* The Brand New Kid
* How to Be a Friend
* <https://www.youtube.com/watch?v=vP5Be3Aq6ls>

Kindness/Respect

* Words are not for Hurting
* How to Be a Friend
* Have You Filled a Bucket Today?
* How Full is Your Bucket?
* Spaghetti in a Hot Dog Bun
* Enemy Pie
* How to Lose All Your Friends
* Being Respectful
* Well, I Can Top That!
* Sorry!
* Just Kidding
* Simon’s Hook
* The Invisible Boy (Nami)
* Kindness Counts (Nami)
* Rude Cakes (Nami)
* What Does it Mean to Be Kind (Nami)
* The Jelly Donut Difference (Nami)
* Getting along w/ others: <https://www.youtube.com/watch?v=Te6ftIq9tDA>
* 20 Things We Should Say more often: <https://www.youtube.com/watch?v=m5yCOSHeYn4>
* <https://www.youtube.com/watch?v=1yLg1nPua0k>
* How good spreads: <https://www.youtube.com/watch?v=bH5ozEo1Ao4>

Including Others

* Franklin’s Secret Club
* Teamwork Isn’t My Think, and I Don’t Like to Share
* The Judgmental Flower

**Emotional**

Mindfulness/Yoga

* What Does it Mean to Be Present?
* Listening to My Body
* Sitting Still Like a Frog
* Silence
* Mind Bubbles
* Your Fantastic Elastic Brain
* Happy Dreamer (Nami)
* MindYeti Videos - <https://www.mindyeti.com/>
* <https://www.youtube.com/watch?v=RVA2N6tX2cg&t=6s>

Emotion Regulation/Blurting

* Interrupting Chicken
* What Were You Thinking?
* My Mouth is a Volcano!
* Decibella
* Lacey Walker, Nonstop Talker
* Let Me Finish!

Managing Disappointment/Accidents

* My Day is Ruined!
* Anh’s Anger
* When Miles Got Mad
* Angry Octopus
* A Perfectly Messed-Up Story
* Listening to My Body
* The Very Frustrated Monster (Nami)
* Howard B Wigglebottom Learns it’s OK to Back Away (Nami)
* <https://www.youtube.com/watch?v=qCcHE4HouVQ>
* [Betti Spaghetti (animated) (1).mp4](file:///C%3A%5CUsers%5Cmutterk%5CDocuments%5CBetti%20Spaghetti%20%28animated%29%20%281%29.mp4)
* <https://www.youtube.com/watch?v=2IqVJHVkTLE>

Zones of Regulation

* Today I Feel Silly
* Visiting Feelings
* Listening to my Body
* Double-Dip Feelings
* (Powerpoint)
* MindYeti Videos - <https://www.mindyeti.com/>

Making Good Choices

* I Can Handle It!
* When Miles Got Mad
* Follow Directions: <https://www.youtube.com/watch?v=Yruu2nKJBvY&list=PLhu37Cb5NR0TY5VjV8ejmg4lPkyFn_StP>

Anxiety/Worry

* Wilma Jean the Worry Machine
* Listening to My Body
* The Anti-Test Anxiety Society
* Noni is Nervous
* My Day is Ruined!
* Your Fantastic Elastic Brain
* Affirmation Weaver (Nami)
* The Monster Who Couldn’t Decide (Nami)
* Fear: <https://www.youtube.com/watch?v=AWuUoxQrhZY>
* MindYeti videos: https://www.mindyeti.com/

Calming Strong Feelings

* My Day is Ruined!
* Anh’s Anger
* When Miles Got Mad
* Sometimes I’m Bombaloo
* Angry Octopus
* The Very Frustrated Monster (Nami)
* Howard B Wigglebottom Learns it’s OK to Back Away (Nami)
* <https://www.youtube.com/watch?v=RVA2N6tX2cg&t=6s>
* <https://vimeo.com/221019140>

Getting Out of the Yellow Zone

* (see above)

**Academic/Cognitive**

Solving Problems

* What Do You Do with a Problem?
* I Can Handle It!
* When Miles Got Mad
* The Energy Bus for Kids (Nami)
* Keeping School Cool! (Nami)
* Asking for help (41:45):<https://www.youtube.com/watch?v=GvrCB7RkqFc>

Big v. Small Problems

* My Day is Ruined!
* The Energy Bus for Kids (Nami)
* (Powerpoint)
* Size of the Problem: <https://www.youtube.com/playlist?list=PLe6kZdSurHTxGerd68i-ZZNPNWhS7xF2k>
* Big Deal vs. Little Deal: https://www.youtube.com/watch?v=W3ifIowPdtQ

Mistakes are OK

* Ish
* The Book of Mistakes
* Beautiful Oops
* The Most Magnificent Thing
* Where Do Balloons Go?
* The Dot
* A Perfectly Messed Up Story
* Your Fantastic Elastic Brain
* The Girl Who Never Made Mistakes (Nami)
* Neuroplasticity - <https://www.youtube.com/watch?v=ELpfYCZa87g>

Not Giving Up

* (any of the above “mistake” books)
* Jabari Jumps
* Just Keep Swimming
* The Dot
* Bubble Gum Brain
* The Most Magnificent Thing
* Zach Hangs in There (Nami)
* Growth Mindset: <https://www.youtube.com/watch?v=2zrtHt3bBmQ>
* <https://www.youtube.com/watch?v=SnrHZ_uvtxk>
* Perseverance: <https://www.youtube.com/watch?v=IOaFwwLyTRo>

Focus/Self-Talk

* What Does it Mean to be Present?
* What Were You Thinking?
* My Mouth is a Volcano!
* I Just Want to do it My Way
* Howard B. Wigglebottom Learns to Listen (Nami)
* <https://www.youtube.com/watch?v=eMcSJHNIkuQ>
* <https://www.youtube.com/watch?v=eBO0cw2Wfos>
* <https://www.youtube.com/watch?v=HH0rQiwKtSs>
* <https://www.youtube.com/watch?v=FrFh8FzmAOw>

3,4,5

**Social**

Good Sportsmanship

* If Winning Isn’t Everything, Why do I Hate to Lose?
* Teamwork isn’t my Thing, and I Don’t like to Share
* Better Than You (Nami)

Gossip/Rumors

* Trouble Talk
* My Secret Bully
* Mr. Peabody’s Apples

Bullying & Bystander Power

* Powerpoint
* (see above)
* Just Kidding
* Sorry!
* The Invisible Boy (Nami)
* Meanness v. Bullying: <https://www.youtube.com/watch?time_continue=5&v=k2PJ6T7U2eU>

Bullying Prevention

* (see above)

**Emotional**

Zones of Regulation

* Powerpoint
* Video - <https://www.youtube.com/watch?v=RVA2N6tX2cg&t=6s>

Upstairs/Downstairs Brain and Flipping One’s Lid

* Video - <https://vimeo.com/221019140>

Transitions and Mindfulness Circles

* Little Flower Yoga

**Academic/Career/Cognitive**

Small v. Big Problems

* Powerpoint
* Video - <https://www.youtube.com/watch?v=Ck0Hfn5ZHoU>
* Big Deal vs. Little Deal: https://www.youtube.com/watch?v=W3ifIowPdtQ

Prepare for Camp

* Powerpoint
* Circle

Negative Self-Talk/Perfectionism/Growth Mindset

* How to Get Unstuck from the Negative Muck
* Your Fantastic Elastic Brain
* Powerpoint
* Neuroplasticity - <https://www.youtube.com/watch?v=ELpfYCZa87g>

Middle School Transition

* Videos

Part One

<https://safeshare.tv/submit?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DC1feLS0l4Yw>

Part Two:

<https://safeshare.tv/submit?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DGnA-IdqTh14>

* Survey & Circle

**Groups**

*Friendship/Kindness/Bullying/Self-Esteem* Girls Group

* Dare/Weird/Tough book series and activities
* A Smart Girl’s Guide to Friendship Troubles
* Peer Pressure Gauge
* Cliques Just Don’t Make Cents
* How full is your Bucket?
* Fill a Bucket
* My Secret Bully
* Trouble Talk
* The Care and Keeping of Friends
* The Feelings Book
* How to Be a Friend (K,1,2)
* THINK Poster
* Barbie Vlog
	+ I’m only joking- <https://www.youtube.com/watch?v=gpXI2c8n-lA>
	+ Walk away from bullies - <https://www.youtube.com/watch?v=PsVpX4eTN-8>
	+ meditation - <https://www.youtube.com/watch?v=DDTfDt8lCcY>
	+ be your own muse - <https://www.youtube.com/watch?v=uRlAjAXFHaI>
	+ I’m so cranky! - <https://www.youtube.com/watch?v=V3F1Y3XxVQw>
	+ Feeling blue? - <https://www.youtube.com/watch?v=aTmrCqbfjH4>

*General* Girls Group

* Girls in Real Life Situations book for K-5
	+ Self-Discovery
	+ Positive Body Image
	+ Making Choices
	+ Communication
	+ Understanding Emotions
	+ Healthy Friendships
	+ Self-Esteem
	+ Dealing with Difficult Issues
	+ Reaching Out for Help
	+ Self-Identity

*Primary Self-Esteem* Group

* Feel Confident – A Book about Self-Esteem
* Stand Tall, Molly Lou Melon
* Oliver Onion – The Onion Who Learns to Accept and Be Himself
* I Like Me!
* I’m Gonne Like Me – Letting off a little Self-Esteem
* Incredible You!
* When I Feel Good About Myself

*Turn Negative into Positive/Growth Mindset* Group

* What to Do When You Grumble too Much
* My Day is Ruined!
* What to Do When it’s Not Fair
* How to Get Unstuck from the Negative Muck
* What to do when Mistakes Make you Quake
* Baditude – What to do when your Life Stinks
* Your Fantastic Elastic Brain
* Neuroplasticity - <https://www.youtube.com/watch?v=ELpfYCZa87g>

*Anxiety/Worry* Group

* What to Do when you’re Scared & Worried
* Worry, Worry, Go Away!
* 12 Annoying Monsters – self-talk for kids with anxiety
* When my Worries Get Too Big!
* Your Fantastic Elastic Brain
* Creative CBT Interventions for Children w/ Anxiety book
	+ Psychoeducation
	+ Relaxation
	+ Affective Expression
	+ Cognitive Coping
	+ Exposure
	+ Parenting Skills
* MindYeti Videos - <https://www.mindyeti.com/>
* Neuroplasticity - <https://www.youtube.com/watch?v=ELpfYCZa87g>

*Social Skills* Group

* Well, I Can Top That!
* Sorry, I Forgot to Ask!
* If Winning Isn’t Everything, Why Do I Hate to Lose?
* But It’s not My Fault
* I Just Want to Do it My Way!
* Tease Monster
* What were you Thinking?

*Basic Social Skills* Group

* We Thinkers! Series
	+ Thinking Thoughts and Feeling Feelings
	+ The Group Plan
	+ Thinking with your Eyes
	+ Body in the Group
	+ Whole Body Listening
	+ Sharing an Imagination
	+ Size of the Problem
	+ Flexible and Stuck Thinking
	+ Smart Guess
	+ Hidden Rules and Expected/Unexpected Behaviors
* You are a Social Detective – Explaining Social Thinking to Kids
* Superflex Curriculum
	+ Superflex takes on Rock Brain and the Team of Unthinkables
* The Incredible 5-Point Scale

*Anger Management* Group

* What to do when your Temper Flares (Nami)

*Emotion Regulation* Group

* The Zones of Regulation book
	+ Zones of Emotions
	+ Exploring Tools
	+ Applying Tools
* MindYeti Videos - <https://www.mindyeti.com/>

*Trauma* Group

* 55 Favorite Healing Activities for Children book

*Grief and Family Change* Group

* Butterfly Kisses and Wishes on Wings
* Dog Heaven
* Ida, Always
* Tear Soup
* Always Remember
* When Someone you Love has Cancer
* Mom has Cancer!
* My Family is Living with Cancer
* Nowhere Hair
* Lifetimes
* I Miss You
* Gentle Willow- A Story for Children About Dying
* Greif is like a Snowflake
* I have Two Homes
* Samantha Jane’s Missing Smile
* When My Parents forgot how to be Friends
* Dinosaurs Divorce
* Eddie and his Dad