

Social/Emotional Resource Guide – Preschool

How To Teach Kids.....

Relaxation:

<http://www.cosmickids.com/category/watch/>
http://stress.lovetoknow.com/Top_Ten_Relaxation_Techniques_Children
<http://kidsrelaxation.com/?cat=15>
<https://www.youtube.com/watch?v=mZbzDOpylA&feature=youtu.be>
<http://sowsprouplay.com/activities/calming-chamomile-melting-dough/>
<http://www.herewearetogether.com/2011/06/27/another-mind-jar/>



Impulse Control:

<https://www.youtube.com/watch?v=XCe4AJmKE40>

Play skills:

<http://www.autism-center.ucsd.edu/autisminformation/Documents/Peer%20training%20manual2007.pdf>
<http://www.ldonline.org/article/21025/>
http://www.socialskillscentral.com/free/101_Ways_Teach_Children_Social_Skills.pdf
<http://www.pinterest.com/drchrisreeve/autism-teaching-tools-social-skills/>

Coping skills:

<http://www.pbisworld.com/tier-1/teach-coping-skills/>
<http://www.pinterest.com/brockflock2/teaching-social-skills-in-preschool/>

Hitting:

<http://www.growingajeweledrose.com/2012/09/kids-who-hit-and-how-to-teach-them-not.html>

Self-Regulation:

<http://move-with-me.com/self-regulation/why-self-regulation-skills-improve-kids-attention-and-impulse-control/>

Kindness:

<http://kidsactivitiesblog.com/24332/learning-to-be-kind>

Variety of social stories:

<http://depts.washington.edu/hscenr/downloads#ready>



Activities for Social/Emotional Learning:

Activity: It bugs me when.....

Why: Tells others what is a trigger/sore spot for the student

Website: <http://the-learningtree.blogspot.com/2012/09/behavior-craftivity.html>

Activity: Discussing emotions with pasta faces

Why: Kids learn what different emotions on a face look like and can build it with different pasta

Website:

<http://havingfunatchelleshouse.blogspot.com/2013/04/discussing-emotions-with-pasta-faces.html?showComment=1365207052244#c8114664732873045393>

Activity: Recognizing emotions

Why: Helps children learn about facial expressions, emotions, and empathy by making dolls out of recycled materials

Website: <http://www.danyabanya.com/diy-educational-toy-emo-dolls/>

Activity: Make a stress ball

Why: Safe way to help relieve anxiety

Website:

<https://www.facebook.com/amomwithalessonplan/photos/a.154601117906625.30733.148658078500929/751813714852026/?type=1&theater>

Activity: Several for social/emotional learning

Why: Identify feelings/faces

Website:

<http://www.undergodsmightyhand.com/2014/04/feelings-and-emotions-unit-for-preschool-resources-and-activities.html>

Activity: Emotion Thermometer

Why: Helps students recognize their own feelings

Website: <http://thelittleblackduck.com.au/lbd/using-an-emotion-thermometer-2/>



Activity/strategy: Coping with frustration

Why: reduce frustration

Website: <http://www.everydayfamily.com/blog/6-ways-to-help-children-cope-with-frustration/>

Activity: Paper Plate Emotions

Why: Help students learn different emotions

Website:

[http://www.notimeforflashcards.com/2011/05/paper-plate-emotion-masks.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+NoTimeForFlashCards+\(No+time+for+flash+cards\)](http://www.notimeforflashcards.com/2011/05/paper-plate-emotion-masks.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+NoTimeForFlashCards+(No+time+for+flash+cards))

Books for Social Emotional Learning

Feelings

<http://www.notimeforflashcards.com/2013/10/books-feelings.html>

Bullying

<http://www.pinterest.com/pin/2251868537790098/>

Empathy and acceptance

<http://www.homegrownfriends.com/home/10-childrens-books-that-teach-acceptance-and-empathy>

Social skills

<http://cleverclassroomblog.blogspot.com.au/p/social-skills.html>

Diverse topics

<http://csefel.vanderbilt.edu/documents/booklist.pdf>

<http://corneroncharacter.blogspot.com/2013/11/but-its-just-game.html?m=1>

Apps

Social Skills and Behavior

<http://www.ncl.org/parents-child-disabilities/social-emotional-skills/apps-students-ld-social-support-behavior>

VERY Helpful Websites:

Center on the Social and Emotional Foundations for Early Learning

- Parent training modules
- Scripted social stories for social situations

- Tools for working on Building Relationships
- List of books for Social Emotional Development and accompanying materials
- Tools for developing Behavior Support Plans
- Book Nook – directions for reading books and planning activities
- Website: <http://csefel.vanderbilt.edu/>

Zero to Three: National Center for Infants, Toddlers, and Families

- Parental Resource
 - o Age range expectations
 - o Appropriate parenting skills
 - o Challenging behavior: tips and tools
 - o Early Childhood Mental Health
 - o Early Development
 - o Early Language and Literacy
 - o Health and Nutrition
 - o Play
 - o Promoting Social/Emotional Development
 - o School Readiness
 - o Sleep
 - o Temperament and Behavior
- Website: <http://www.zerotothree.org/child-development/social-emotional-development/social-emotional-development.html>

Technical Assistance Center on Social Emotional Intervention for Young Children

- Backpack Connection Series (Addressing behavior, emotions, routines/schedules, social skills)
- Articles/ resources
- Website: <http://challengingbehavior.fmhi.usf.edu/>

Direct link to backpack series: <http://challengingbehavior.fmhi.usf.edu/communities/teachers.htm#addressing>

The Watson Institute:

- Teacher Resources
 - o Setting up a structured classroom
 - o Behavior stories
 - o Classroom tools
 - o Watson publications
 - o Internet resources and websites
 - o Social skills powerpoint curriculum
- Website: <https://www.thewatsoninstitute.org/>

Collaborative for Academic, Social, and Emotional learning

- Current research on social and emotional learning
- Current publications and articles
- Website: <http://www.case1.org/>

For Parents:

Social intelligence for toddlers:

<http://www.ahaparenting.com/parenting-tools/raise-great-kids/socially-intelligent-child/toddlers>