



Division of Instruction
Health and Physical Education Programs
 Social Emotional Learning Resources for Grades 3-5

Site Name	Link	Description	Languages Available	Teachers	Students	Parents
Brain Pop	https://www.brainpop.com/health/diseases/injuriesandconditions/coronavirus/	Brain Pop video on Coronavirus Grades 3-5	English	X	X	X
Centervention	https://www.centervention.com/social-emotional-learning-activities/	Free lessons, activities and handouts that help develop skills in communication, cooperation, emotion regulation, empathy, impulse control and social initiation. Grades K-5	English	X		X
Classroom Champions	https://teach.classroomchampions.org/available-programs/	Free SEL Foundations curriculum in which students are empowered to realize their full potential. Students will learn to set and achieve positive goals, persevere through challenges, feel and show empathy for others, work well within a team, make responsible and healthy decisions, and reduce negative or risky behaviors. Grades K-8.	English	X		
Confident Parents Confident Kids	https://confidentparentsconfidentkids.org	Provides resources for social emotional learning skill development as well as ideas for building family connectedness. Ages 4 and up.	English	X	X	X
Epic! Digital Library for Kids	https://www.getepic.com/educators	Provides access to thousands of books. Create a social emotional learning library. Students receive free access through teacher invite. For Kids 12 and under.	English, Spanish, Chinese and French	X		

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GoNoodle	https://www.gonoodle.com/for-educators/	Provides movement and mindfulness videos to engage Pre-K to Grade 5 students.	English	X		
Harvard Center on the Developing Child	https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Executive-Function-Activities-for-7-to-12-year-olds.pdf	Describes child's stage of development and what they can typically do at that age. Provides ideas for activities that care takers can perform with children to help develop their executive function skills. 7-12 year olds	English	X		X
Mind Yeti	English: https://www.youtube.com/playlist?list=PLjaUKiwbiHMQDQLCxoPaMMYotldKIUQCw Spanish: https://www.youtube.com/playlist?list=PLjaUKiwbiHMSzAac5smgxc98Huui9KwC-	Provides research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them. Kinder through Grade 5	English and Spanish	X	X	X
The Imagine Neighborhood	https://www.imagineneighborhood.org/podcast-1	Podcasts designed to help children and grownups grow their SEL skills. Grades 3-5	English	X	X	X
Soul Pancake: Kid President	https://www.youtube.com/playlist?list=PLzvRx_johoA-Yabl6FWcU-jL6nKA1Umt&feature=plcp	Kid President shares inspiring videos on being a good person, facing challenges, and changing the world. Grades 2-5.	English	X		X

The information above is provided as a resource for teachers and families. The content is not endorsed by Los Angeles Unified School District and is not required as part of the District's educational program, however, any program with an asterisk is District approved.