



**Division of Instruction**  
**Health and Physical Education Programs**  
 Social Emotional Learning Resources for Kinder-Grade 2

Site Name	Link	Description	Languages Available	Teachers	Students	Parents
Centervention	<a href="https://www.centervention.com/social-emotional-learning-activities/">https://www.centervention.com/social-emotional-learning-activities/</a>	Free lessons, activities and handouts that help develop skills in communication, cooperation, emotion regulation, empathy, impulse control and social initiation. <b>Grades K-5</b>	English	X		X
Committee for Children and Sesame Street	<a href="https://www.cfchildren.org/resources/esame-street-little-children-big-challenges/general-resilience/">https://www.cfchildren.org/resources/esame-street-little-children-big-challenges/general-resilience/</a>	Provides videos, songs and guides to help <b>PreK-Grade 2</b> students face new challenges and become resilient.	English	X		X
Edutopia: Fostering Compassion and Empathy	<a href="https://www.vsb.bc.ca/_layouts/vsbwww/arch/default/files/publications/Kindness%20Booklet.pdf">https://www.vsb.bc.ca/_layouts/vsbwww/arch/default/files/publications/Kindness%20Booklet.pdf</a>	Ten Things Parents and Caregivers Can Do to Promote Emotional Understanding and Kindness in Young Children. <b>Grades K-5</b>	English			X
GoNoodle	<a href="https://www.gonoodle.com/for-educators/">https://www.gonoodle.com/for-educators/</a>	Provides movement and mindfulness videos to engage <b>PreK to Grade 5</b> students.	English	X		
Harvard Center on the Developing Child	<a href="https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Executive-Function-Activities-for-5-to-7-year-olds.pdf">https://46y5eh11fhgw3ve3ytpwxt9r-wpengine.netdna-ssl.com/wp-content/uploads/2015/05/Executive-Function-Activities-for-5-to-7-year-olds.pdf</a>	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. <b>5-7 year olds</b>	English	X		X

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Mind Yeti	<p><b>English:</b>  <a href="https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw">https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw</a></p> <p><b>Spanish:</b>  <a href="https://www.youtube.com/playlist?list=PLiaUKiwbiHMSzAac5smgxc98Huui9KwC-">https://www.youtube.com/playlist?list=PLiaUKiwbiHMSzAac5smgxc98Huui9KwC-</a></p>	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. <b>Kinder through Grade 5</b>	English and Spanish	X	X	X
PBS Learning Media: Social Emotional Learning	<a href="https://ca.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/?selected_facet=grades:K,1,2">https://ca.pbslearningmedia.org/subjects/preschool/social-and-emotional-development/?selected_facet=grades:K,1,2</a>	Provides videos, interactives, lesson plans and handouts for helping <b>Kinder through Grade 2</b> students develop skills in self-awareness, social awareness, self-management, responsible decision making, relationship skills and moral functioning	Mostly English/Some Spanish	X	X	X
Sanford Harmony*	<a href="https://www.sanfordharmony.org/">https://www.sanfordharmony.org/</a>	Provides access to social emotional learning curriculum. Includes online training, story books, lesson plans, games and activities. <b>PreK-Grade 5</b>	English and Spanish	X		
Second Step	<a href="https://static1.squarespace.com/static/5bafda184d546e4eedff3679/t/5dafab3d91ea786aad909c89/1571793733578/Grades+K-2+children%27s+books.pdf">https://static1.squarespace.com/static/5bafda184d546e4eedff3679/t/5dafab3d91ea786aad909c89/1571793733578/Grades+K-2+children%27s+books.pdf</a>	Provides a list of books that help develop social emotional learning skills in <b>K-2 students</b> .	English	X		X
Soul Pancake: Kid President	<a href="https://www.youtube.com/playlist?list=PLzvRx_johoA-Yabl6FWcU-jL6nKA1Umt&amp;feature=plcp">https://www.youtube.com/playlist?list=PLzvRx_johoA-Yabl6FWcU-jL6nKA1Umt&amp;feature=plcp</a>	Kid President shares inspiring videos on being a good person, facing challenges, and changing the world. <b>Grades 2-5</b> .	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.