

Sources - Understanding (3-5)

Lesson 1a

Education.com. (2018, September 11). Word Bank: Emotion Charades: Worksheet. Retrieved July 28, 2020, from <https://www.education.com/worksheet/article/word-bank-emotion-charades/>

(n.d.). Retrieved July 28, 2020, from <https://mindyeti.com/v2/s/pricing>

Quinn, K. [Katie Quinn]. (2020, March 26). *Read Aloud-Visiting Feelings by: Lauren Rubenstein* [Video].

Youtube. <https://www.youtube.com/watch?v=E3ZuNMOt4f0&t=58s>

Rubenstein, L., & Hehenberger, S. (2014). *Visiting feelings*. Washington: Magination Press.

Simile Poems - Classroom Freebies says:, & Spring Synonyms - Classroom Freebies says:. (2020, January 25).

Paint Chip Vocabulary Activity. Retrieved July 28, 2020, from

<https://www.classroomfreebies.com/2018/09/vocabulary.html>

Lesson 1b

Education.com. (2019, September 19). Emotion Charades: Lesson Plan: Education.com: Lesson plan. Retrieved July 28, 2020, from <https://www.education.com/lesson-plan/el-support-lesson-emotion-charades/>

University, W. (n.d.). Retrieved July 28, 2020, from <https://www.lifeprint.com/index.htm>

Lesson 2

BrainPop (2017, August 23). *Personal Hygiene* [Video]. Youtube. <https://www.youtube.com/watch?v=jQ2e0KH5WrI>

Burnett, C., Banya, D., & Lloyd, K. (2020, March 14). All About Germs & Hand Washing: Free Printable Poster.

Retrieved July 28, 2020, from <https://childhood101.com/teaching-kids-about-germs-hand-washing/>

Hollens, P [Peter Hollens]. (2020, March 24). *The Epic Hand Washing Parody* [Video]. Youtube.

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

Smile and Learn-English (2020, June 30). *Personal Hygiene for Kids: Hygiene Habits-Showering, Handwashing, Toothbrushing, Face Washing* [Video]. Youtube. <https://www.youtube.com/watch?v=D5BtvQqbWs>

Lesson 3a

Confident Kid Program (2018, August 19). *Know Your Character Strengths* [Video]. Youtube. <https://www.youtube.com/watch?v=JLUOILRbazA>

"It's so incredible to finally be understood." (n.d.). Retrieved July 28, 2020, from <https://www.16personalities.com/>

(n.d.). Retrieved July 28, 2020, from <https://www.thrively.com/>

We for She. (2017). Lesson Plan: Know Your Strengths, Own Your Strengths. Retrieved from <http://weforshenextgen.ca/wp-content/uploads/2017/12/D-Know-Your-Strengths.-Own-Your-Strengths.pdf>

Which Color Matches Your Personality? (n.d.). Retrieved July 28, 2020, from <https://www.highlightskids.com/jokes/quiz/which-color-matches-your-personality>

Lesson 3b

"It's so incredible to finally be understood." (n.d.). Retrieved July 28, 2020, from <https://www.16personalities.com/>

Life Skills Curriculum for Elementary, Middle, and High School - Free Now and Forever. (2019). Retrieved July 28, 2020, from <https://www.overcomingobstacles.org/>

(n.d.). Retrieved July 28, 2020, from <https://www.thrively.com/>

Which Color Matches Your Personality? (n.d.). Retrieved July 28, 2020, from <https://www.highlightskids.com/jokes/quiz/which-color-matches-your-personality>

Lesson 4

All Free Printables. (n.d.). Good Character Traits. Retrieved 2020, from

<http://allfreeprintable.com/cont/frm/pdf/1st-gct.pdf>

Assessment: Find Your Strengths. (n.d.). Retrieved July 28, 2020, from

<https://www.literacynet.org/mi/assessment/findyourstrengths.html>

Barbra Donachy (2013, February 10). *Personal Interest Surveys* [Video]. Youtube.

<https://www.youtube.com/watch?v=btKzI8tdjsY>

“Multiple Intelligence Theory and Growth Mindset.” *Laura Candler*, 24 Oct. 2021,
<https://lauracandler.com/mi-theory-growth-mindset/>.

Snaps, G. (n.d.). Just a few ideas I've stolen from Pinterest... Retrieved July 28, 2020, from

<http://gingersnapstreatsforteachers.blogspot.com/2011/09/just-few-ideas-ive-stolen-from.html>

Marston, K. (2020, May 28). The School Counselor Kind. Retrieved July 28, 2020, from

<https://theschoolcounselorkind.wordpress.com/>

Morris, K. (2020, July 17). The Complete Guide To Student Digital Portfolios. Retrieved July 28, 2020, from

<https://campuspress.com/student-digital-portfolios-guide/>

Multiple Intelligence. (n.d.). Retrieved 2020, from

<https://i.pinimg.com/736x/57/a8/94/57a8940fa9f9b4879743ec4ab9354496.jpg>

Lesson 5

All Free Printables. (n.d.). Good Character Traits. Retrieved 2020, from

<http://allfreeprintable.com/cont/frm/pdf/1st-gct.pdf>

Barbra Donachy (2013, February 10). *Personal Interest Surveys* [Video]. Youtube.

<https://www.youtube.com/watch?v=btKzI8tdjsY>

Snaps, G. (n.d.). Just a few ideas I've stolen from Pinterest... Retrieved July 28, 2020, from

<http://gingersnapstreatsforteagers.blogspot.com/2011/09/just-few-ideas-ive-stolen-from.html>

Marston, K. (2020, May 28). The School Counselor Kind. Retrieved July 28, 2020, from

<https://theschoolcounselorkind.wordpress.com/>

Morris, K. (2020, July 17). The Complete Guide To Student Digital Portfolios. Retrieved July 28, 2020, from

<https://campuspress.com/student-digital-portfolios-guide/>

Multiple Intelligence. (n.d.). Retrieved 2020, from

<https://i.pinimg.com/736x/57/a8/94/57a8940fa9f9b4879743ec4ab9354496.jpg>

Lesson 6

Black, B. (n.d.). Anger is Like an Iceberg. Retrieved July 28, 2020, from

<https://www.mentalhelp.net/blogs/anger-is-like-an-iceberg/>

Driscoll, L. (2020, January 22). In My Heart - My Favorite Feelings Book. Retrieved July 28, 2020, from

<https://www.socialemotionalworkshop.com/2019/04/in-my-heart-feelings-activities/>

Evans, S. (2020, March 15). Anger Iceberg. Retrieved July 28, 2020, from

<https://cornerstonefamilyservices.org/resources/blog/>

Kubitz, M. (n.d.). The Mood Meter: A tool for developing greater self-awareness and awareness of others.

Retrieved July 28, 2020, from

<https://www.greatschools.org/gk/articles/the-mood-meter-a-tool-for-developing-greater-self-awareness-and-awareness-of-others/>

GreatSchools (2015, June 24). *How to Teach Emotional Intelligence to Kids* [Video]. Youtube.

<https://www.youtube.com/watch?v=44hW0TFSvIY>

Netflix Jr. (2018, may 10). "*Emotions*"- *Storybots Supers Songs Episode 8* [Video]. Youtube.

<https://www.youtube.com/watch?v=akTRWJZMks0&t=2s>

Pruess, A. (2020, March 19). 7 Simple but Powerful Anger Management Activities for Kids. Retrieved July 28, 2020, from <https://parentswithconfidence.com/anger-management-activities-kids/>

The StoryTime Family (2018, February 15). *In My Heart: A Book of Feelings: Read Aloud Story for Kids* [Video]. Youtube. <https://www.youtube.com/watch?v=xIfLgHBwYx4>

Lesson 7

Cook, J., & Hartman, C. (2019). *My mouth is a volcano!* Chattanooga, TN.: National Center for Youth Issues.

De Baets, C. (2020). *Using Yoga to Influence Our Emotions*. 2020 e2e Summer Conference.

DiPalermo, M., & Polonia, N. D. (2018). *My words roar!* New York, NY: Scholastic.

Mrs. Amanda's Read Alouds (2020, April 7). *My Words Roar!* [Video]. Youtube.

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

Pathway2success. (2018, October 29). 101 Positive Affirmations for Kids. Retrieved July 28, 2020, from

<https://www.thepathway2success.com/101-positive-affirmations-for-kids/>

Scully, K. (2020). Coping Strategies Resources. Retrieved July 28, 2020, from

<https://www.thepathway2success.com/coping-strategies-resources/>

SoulPancake (2013, January 24). *A Pep Talk From Kid President to You* [Video]. Youtube.

<https://www.youtube.com/watch?v=l-gQLqv9f4o>

Story Time with Mrs. Blakeman (2020, April 25). *My Mouth is a Volcano!* [Video]. Youtube.

<https://www.youtube.com/watch?v=v0g2TaG7Eac>

<https://www.teacherspayteachers.com/Product/Butterflies-in-My-Belly-ANXIETY-Coping-Activity-1475086?st=fbe0eaf7c598dbd4487d6b0714d2a82f>

Lesson 8

<https://www.teacherspayteachers.com/Product/Comic-Strip-Template-FREEBIE-4576405?st=354da27a40ded9648e546f5e7104c93a>

Sigsworth, L. (2020, February 16). Using role models to promote values in the teen classroom. Retrieved July 28, 2020, from <https://www.cambridge.org/elt/blog/2018/02/15/thinkheroes/>

University, W. (n.d.). Retrieved July 28, 2020, from <https://www.lifeprint.com/index.htm>

Lesson 9

(n.d.). Handling Stress. Retrieved July 28, 2020, from <https://copingskillsforkids.com/how-to-deal-with-stress>

Mind Yeti (2020, March 17). *Slow Breathing Part 1: Listen* [Video]. Youtube.

<https://www.youtube.com/watch?v=7mAzdYML-10&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=8>

Toontastic. (n.d.). Retrieved July 28, 2020, from <https://toontastic.withgoogle.com/>