*Social/Emotional Resources*

* Conscious Discipline <http://www.consciousdiscipline.com>

(look under Free Resources tab)

* National Association for the Education of Young Children <http://www.naeyc.org>
* <http://www.1to1therapy.ca/> (videos about social/emotional learning)
* <https://helpmegrowmn.org/HMG/HelpfulRes/Articles/socialskills/index.htm>
* <https://www.zerotothree.org/resources/for-professionals/> (trainings and professional journal articles)
* Elmo’s Belly Breathing <https://www.youtube.com/watch?v=_mZbzDOpylA>
* Toddler appropriate books for Social/emotional learning

1. ***Are We There Yet?*** by Dan Santat
2. ***Calm-Down Time*** by Elizabeth Verdick
3. ***F Is for Feelings*** by Goldie Millar
4. ***Feelings to Share from A to Z*** by Todd Snow
5. ***I’m Sorry*** by Sam McBratney
6. ***In My Heart: A Book Of Feelings*** by Jo Witek
7. ***Llama Llama Mad at Mama*** by Anna Dewdney
8. ***Have You Filled A Bucket Today? : A Guide to Daily Happiness for Kids: 10th Anniversary Edition*** by Carol McCloud
9. ***Lots of Feelings*** by Shelley Rotner
10. ***My Many Colored Days*** by Dr. Seuss
11. ***The Great Big Book of Feelings*** by Mary Hoffman
12. ***The Grumpy Morning*** by Pamela Duncan Edwards
13. ***The I’M NOT SCARED Book*** by Todd Parr
14. ***Today I Feel Silly, & Other MOODS That Make My Day*** by Jamie Lee Curtis
15. ***Waiting*** by Kevin Henkes
16. ***When I Feel Worried*** by Cornelia Maude Spelman