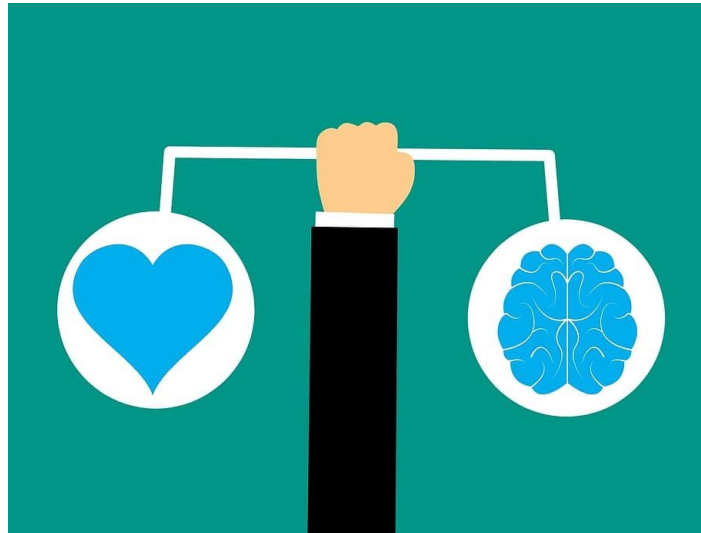


# Social and Emotional Resources for Kids



To our favorite Littlewood Lions,

We miss seeing your faces everyday at school! We know that your learning looks a little different these days, but your teachers and school counselors are here for you! If you find yourself having a difficult time while you are away from school, here is a list of some fun resources to help you work through those feelings.

Are you feeling anxious about your school work and what that is going to look like?

Is change hard for you? Is this transition a bit overwhelming for you?

Are you having a hard time getting along with others in your house?

If you answered yes to any of these questions, these resources are for YOU!

Your school counselors miss you and are here for you!

Miss Dingus and Miss Moorer :)

# Read Alouds and Activities for Social and Emotional Learning:

**\*\*Simply click on the blue link and it will take you directly to the website\*\***



If you're struggling with **anxious thoughts and feelings...**

[Wemberly Worried by Kevin Henkes](#)

[The Don't Worry Book By Todd Parr | Children's Book Read Aloud](#)

[Ruby Finds a Worry by Tom Percival Ruby's Worry \(Read Aloud\) | Storytime](#)

[Frozen | A Cosmic Kids Yoga Adventure!](#)

[Moana | A Cosmic Kids Yoga Adventure!](#)

[Trolls | A Cosmic Kids Yoga Adventure!](#)

[Pokemon | A Cosmic Kids Yoga Adventure](#)

[Star Wars | A Cosmic Kids Yoga Adventure!](#)

If you're struggling with **adapting to change and being flexible...**

[Perfect Square by Michael Hall](#)

[The Curious Garden by Peter Brown](#)

[Alexander and the Terrible, Horrible, No Good, Very Bad Day! a READ ALOUD](#)

[Another Plan \(A Song with Elephant and Piggie\)](#)



If you're having a hard time **getting along with others....**

[\[Special Effects\] The Rainbow Fish | Read Aloud Books for Children](#)

[The Grumpy Frog Read Aloud](#)

[The Squirrels Who Squabbled \[Children's story | Read Aloud\]](#)

["Kindness is a Muscle" Official Music Video ft. Aidan Prince, William Alexander | Universal Kids](#)

For Parents:

If you have access to a google email account, below you will find 10 days worth of SEL activities to complete with your child. Simply click the link and make a copy of the document. It is a free resource by "The Social Emotional Teacher".

[10 Days of SEL Activities for K-2](#)

[10 Days of SEL Activities for 3-5](#)

When all else fails, sometimes you just need a good playlist and

# 🎵 DANCE 🎵



## Littlewood Lions "Dance it Out" Playlist:

1. [Can't Stop the Feeling \(Trolls film version\)](#)
2. [Get Back Up Again \(Anna Kendrick\)](#)
3. [Best Day of my Life \(American Authors\)](#)
4. [What Makes You Beautiful \(One Direction\)](#)
5. [Happy \(Pharrell Williams\)](#)
6. [I Like to Move It \(Will.i.am\)](#)
7. [Walking on Sunshine \(Katrina and the Waves\)](#)
8. [MMMBop \(Hansen\)](#)
9. [We are Family \(Sister Sledge\)](#)
10. [ABC \(Jackson 5\)](#)
11. [Baby \(Justin Bieber\)](#)
12. [I'm a Believer \(Smash Mouth\)](#)
13. [Cha Cha Slide \(DJ Casper\)](#)
14. [Cupid Shuffle \(Cupid\)](#)
15. [YMCA \(Village People\)](#)