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| **SELF-AWARENESS**|                   | • identifying emotions • accurate self-perception • recognizing strengths • self-confidence • self-efficacy | **SELF-ESTEEM**  
**EMPOWERING YOUR CHILD**  
**RESOURCES FOR PARENTS AND CAREGIVERS: DIVORCE, INCARCERATION, RESILIENCE** | **“TEACHING YOUR CHILD TO IDENTIFY AND EXPRESS EMOTIONS”**  
**“TEACHING YOUR CHILD ABOUT FEELINGS”** | **50 MUST-HAVE PICTURE BOOKS TO TEACH SOCIAL EMOTIONAL SKILLS**  
**SCHOLASTIC BOOKS: SOCIAL EMOTIONAL LEARNING** | **26 MINI-FILMS FOR EXPLORING RACE, BIAS AND IDENTITY WITH STUDENTS**  
**VIDEO: UNDERSTANDING THE BRAIN** |
| **SELF-MANAGEMENT**|                   | • impulse control • stress management • self-discipline • self-motivation • goal-setting • organizational skills | **THE CENTER ON THE SOCIAL AND EMOTIONAL FOUNDATIONS FOR EARLY LEARNING** | **“TEACHING YOUR CHILD TO COOPERATE WITH REQUESTS”** | **SECOND STEP: RECOMMENDED BOOKS FOR EMPATHY AND KINDNESS**  
**5-MINUTE FILM FESTIVAL: VIDEOS ON KINDNESS, EMPATHY, AND CONNECTION** | **VIDEO: SELF-REGULATION SKILLS: WHY THEY ARE IMPORTANT** |
| **SOCIAL AWARENESS**|                   | • perspective-taking • empathy • appreciating diversity • respect for others | **5 TIPS FOR CULTIVATING EMPATHY**  
**TEACHING EMPATHY: EVIDENCE-BASED TIPS FOR FOSTERING EMPATHY IN CHILDREN** | **RESEARCH: PERSPECTIVE TAKING: HOW IT HELPS MIDDLE SCHOOLERS HANDLE PEER CONFLICT** | **SECOND STEP: RECOMMENDED BOOKS FOR EMPATHY AND KINDNESS**  
**5-MINUTE FILM FESTIVAL: VIDEOS ON KINDNESS, EMPATHY, AND CONNECTION** | **5-MINUTE FILM FESTIVAL: VIDEOS ON KINDNESS, EMPATHY, AND CONNECTION** |
| **RELATIONSHIP SKILLS**|                   | • communication • social engagement • relationship-building • teamwork | **MAKING CARING COMMON PROJECT**  
**PRE-K SOCIAL AWARENESS TIPS** | **FRIENDSHIP LESSONS FOR ALL AGES AND STAGES** | **THE GROW KINDER PODCAST** | **THE GROW KINDER PODCAST** |

Competencies and descriptions accessed from *Core SEL Competencies*. (2020). Casel.Org. [https://casel.org/core-competencies/]
| RESPONSIBLE DECISION-MAKING | • Identifying problems  
• Analyzing situations  
• Solving problems  
• Evaluating  
• Reflecting  
• Ethical responsibility | MAKING CARING COMMON PROJECT: MORAL AND ETHICAL DEVELOPMENT | RAISING GOOD DECISION MAKERS: HELPING KIDS LEARN TO MAKE DECISIONS | 25 CHILDREN’S BOOKS TO TEACH YOUR KIDS MEANINGFUL VALUES | MIND YETI YOUTUBE VIDEOS: MINDFULNESS FOR CHILDREN  
MINDFULNESS ACTIVITY—GIFT OF YOU  
PARENT PARACHUTE APP |