






# PATTAN BEHAVIOR INITIATIVE: SEL RESOURCES FOR FAMILIES

COMPETENCIES	INFORMATIVE VIDEO	SKILLS, ATTITUDES, AND BEHAVIORS	WEBSITE RESOURCES	RESOURCES CONTINUED	BOOKS	MEDIA
<b>SELF-AWARENESS</b>		<ul style="list-style-type: none"> <li>identifying emotions</li> <li>accurate self-perception</li> <li>recognizing strengths</li> <li>self-confidence</li> <li>self-efficacy</li> </ul>	<a href="#">SELF-ESTEEM</a> <a href="#">EMPOWERING YOUR CHILD</a> <a href="#">RESOURCES FOR PARENTS AND CAREGIVERS: DIVORCE, INCARCERATION, RESILIENCE</a>	<a href="#">"TEACHING YOUR CHILD TO IDENTIFY AND EXPRESS EMOTIONS"</a> <a href="#">"TEACHING YOUR CHILD ABOUT FEELINGS"</a>	<a href="#">50 MUST-HAVE PICTURE BOOKS TO TEACH SOCIAL EMOTIONAL SKILLS</a>	<a href="#">26 MINI-FILMS FOR EXPLORING RACE, BIAS AND IDENTITY WITH STUDENTS</a>  <a href="#">VIDEO: UNDERSTANDING THE BRAIN</a>
<b>SELF-MANAGEMENT</b>		<ul style="list-style-type: none"> <li>impulse control</li> <li>stress management</li> <li>self-discipline</li> <li>self-motivation</li> <li>goal-setting</li> <li>organizational skills</li> </ul>	<a href="#">THE CENTER ON THE SOCIAL AND EMOTIONAL FOUNDATIONS FOR EARLY LEARNING</a>	<a href="#">"TEACHING YOUR CHILD TO COOPERATE WITH REQUESTS"</a>	<a href="#">SCHOLASTIC BOOKS: SOCIAL EMOTIONAL LEARNING</a>	<a href="#">VIDEO: SELF-REGULATION SKILLS: WHY THEY ARE IMPORTANT</a>
<b>SOCIAL AWARENESS</b>		<ul style="list-style-type: none"> <li>perspective-taking</li> <li>empathy</li> <li>appreciating diversity</li> <li>respect for others</li> </ul>	<a href="#">5 TIPS FOR CULTIVATING EMPATHY</a> <a href="#">TEACHING EMPATHY: EVIDENCE-BASED TIPS FOR FOSTERING EMPATHY IN CHILDREN</a>	<a href="#">RESEARCH: PERSPECTIVE TAKING: HOW IT HELPS MIDDLE SCHOOLERS HANDLE PEER CONFLICT</a>	<a href="#">SECOND STEP: RECOMMENDED BOOKS FOR EMPATHY AND KINDNESS</a>	<a href="#">5-MINUTE FILM FESTIVAL: VIDEOS ON KINDNESS, EMPATHY, AND CONNECTION</a>
<b>RELATIONSHIP SKILLS</b>		<ul style="list-style-type: none"> <li>communication</li> <li>social engagement</li> <li>relationship-building</li> <li>teamwork</li> </ul>	<a href="#">MAKING CARING COMMON PROJECT</a>	<a href="#">PRE-K SOCIAL AWARENESS TIPS</a>	<a href="#">FRIENDSHIP LESSONS FOR ALL AGES AND STAGES</a>	<a href="#">THE GROW KINDER PODCAST</a>

<p><b>RESPONSIBLE DECISION- MAKING</b></p>		<ul style="list-style-type: none"> <li>• Identifying problems</li> <li>• Analyzing situations</li> <li>• Solving problems</li> <li>• Evaluating</li> <li>• Reflecting</li> <li>• Ethical responsibility</li> </ul>	<p><a href="#"><u>MAKING CARING COMMON PROJECT: MORAL AND ETHICAL DEVELOPMENT</u></a></p>	<p><a href="#"><u>RAISING GOOD DECISION MAKERS: HELPING KIDS LEARN TO MAKE DECISIONS</u></a></p>	<p><a href="#"><u>25 CHILDREN'S BOOKS TO TEACH YOUR KIDS MEANINGFUL VALUES</u></a></p>	<p><a href="#"><u>MIND YETI YOUTUBE VIDEOS: MINDFULNESS FOR CHILDREN</u></a></p> <p><a href="#"><u>MINDFULNESS ACTIVITY—GIFT OF YOU</u></a></p> <p><a href="#"><u>PARENT PARACHUTE APP</u></a></p>
--	---	--	---	--	--	--