

# RESOURCES

## for Social and Emotional Learning

### **Mood Meter, *Permission to Feel***

Visit [marcbrackett.com](http://marcbrackett.com) for information about the RULER approach and Marc's recent book

### **Drawing with Mr. J**

Videos and companion guides that engage students in goofy drawing prompts and important discussions about their emotions and experiences. [wosu.org/mrj](http://wosu.org/mrj)

### **TED Talk: How Do You Teach Empathy?**

Jonathan Juravich's talk about fostering a sense of awareness  
<https://www.youtube.com/watch?v=NMpEzpSwy0k>

### **Empathetic Sentence Starters**

Understood.org is a wonderful resource for teachers and parents to support students who learn and think differently. One of their resources is a list of sentence starters to engage thoughtfully with students about their experiences.

<https://www.understood.org/en/school-learning/for-educators/empathy/empathetic-sentence-starters-for-teachers>

### **#WHYYOUMATTER**

Context and resources surrounding the work of Chelsea High School to support students' self-awareness. [whyyoumatter.org](http://whyyoumatter.org)

**Harmony** provides PreK-6th grade teachers with everything they need to successfully integrate Harmony's' social-emotional learning program into the classroom, including training, lessons, videos, stories, games, and songs. Register for free at [www.sanfordharmony.org](http://www.sanfordharmony.org)

**Inspire** provides free, on-demand professional development modules and resources to help teachers improve their practice and encourage PreK-12th grade students to become enthusiastic, engaged learners. Register for free at [www.sanfordinspire.org](http://www.sanfordinspire.org)



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