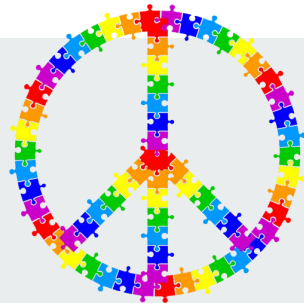




# **Social & Emotional Learning**



## **Lessons and Resources for Grades 6-8**



# Taking Care of YOU!

## Middle School Year End Reflection Activity

- <https://www.cfchildren.org/blog/2019/05/middle-school-year-end-reflection-summer-letter/>

## Mindfulness Activity

- <https://www.cfchildren.org/blog/2018/12/mindfulness-activity-gift-of-you>



# Second Step

## Second Step Introduction Video

- <https://youtu.be/7VJfc7EYuds>

## Self-Regulation Skills

- [https://www.youtube.com/watch?v=m4UGDaCgo\\_s](https://www.youtube.com/watch?v=m4UGDaCgo_s)
- <https://www.youtube.com/watch?v=3bKuoH8CkFc>



# Decision Making

## Responsible Decision Making Skills

- <https://www.youtube.com/watch?v=VVXGCQxUfSE&feature=youtu.be>
- <https://www.youtube.com/watch?v=fvrs2EngYfs>