

Guía de recursos para educadores

Manejar y comprender emociones

RECURSOS PARA EL SALÓN

Felicidad y alegría

- [Lotería de actos amables](#) (Select Spanish from the dropdown menu) | Grades K - 2
- [Mis personas especiales](#) | *Arthur* | Grades K - 2

Autoestima y afirmación

- [Cree en ti mismo](#) | *Dance to Success* (Select Spanish from the dropdown menu to view the video; support material in English only) | Grades PreK - 5
- [Expresa tus emociones](#) | *Dance to Success* (Select Spanish from the dropdown menu to view the video; support material in English only) | Grades PreK - 5
- [PBS KIDS hablan de perseverancia](#) | Grades PreK - 2
- [Piénselo bien: bomba o béisbol](#) | *Alma's Way* (Spanish support material available, video is in English or bilingual) | Grades PreK - 2

Ansiedad y sentimientos estresantes

- [El espectáculo de Alma](#) | *Alma's Way* (Select Spanish from the dropdown menu to view the video; support material in English only.) | Grades PreK - 2
- [Beatbox a lo grande](#) | *Alma's Way* (Select Spanish from the dropdown menu to view the video; support material in English only) | Grades PreK - 2
- [Noche de cine de Alma](#) | *Alma's Way* (Select Spanish from the dropdown menu to view the video; support material in English only) | Grades PreK - 2

- [Marque el bloque con tiza](#) | *Alma's Way* (Select Spanish from the dropdown menu to view the video; support material in English only) | Grades PreK - 2
- [¡Puedes hacerlo!](#) | *Donkey Hodie* (Spanish support material available, video in English) | Grades PreK - K
- [Fiesta de pijamas espectacular](#) | *Donkey Hodie* (Spanish support material available, video in English) | Grades PreK - K

Mandejar y comprender emociones

- [Mentes saludables, niños prósperos](#) | escuela primaria (Multiple video lessons that include support material and handouts in Spanish and English. Select Spanish from the dropdown menu to view the video) | Grades 3 - 5
- [Niños saludables, mentes saludables](#) | escuela secundaria (Multiple video lessons that include support material and handouts in Spanish and English. Select Spanish from the dropdown menu to view the video) | Grades 6 - 8
- [Marlene: terapeuta familiar / family therapist](#) | CEREBROedu (The educator guide is available in Spanish and English) | Grades 6 - 8
- [Paquete de recursos - todo sobre las emociones](#) (Spanish and English) | Grades PreK - K
- [Paquete de recursos - todo sobre las emociones](#) (Spanish and English) | Grades 1 - 2
- [Plan de estudios de la amabilidad y comprender los sentimientos](#) - Kindness Curriculum and Understanding Feelings
 - [Competencias de aprendizaje socioemocional](#)

RECURSOS DE NUESTROS SOCIOS

- [Mira Your Brain leído en voz alta](#) (Sign up for Momentous Institute email updates to receive this free read-aloud) | Grades K - 5

