

**Social Emotional and Behavioral Resources  
Middle School**

The following are videos that your child can view to assist with social emotional and behavioral learning.

**Coping Skills**

**Anger Management Techniques**

[https://www.youtube.com/watch?v=BsVq5R\\_F6RA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=2](https://www.youtube.com/watch?v=BsVq5R_F6RA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=2)

**Compromising**

<https://www.youtube.com/watch?v=JN9jPCPFWT0>

**Conflict Resolution**

<https://www.youtube.com/watch?v=EABFilCZJy8>

**How To Disagree**

<https://www.youtube.com/watch?v=ghk-nDJB3Tk&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=15>

**Dealing with Jealousy**

<https://www.youtube.com/watch?v=ZM-n3Ho-4A8&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=10>

**Dealing with Embarrassment**

[https://www.youtube.com/watch?v=PMR7\\_MXqtUA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=9](https://www.youtube.com/watch?v=PMR7_MXqtUA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=9)

**Ways to Stop Bullying**

[https://www.youtube.com/watch?v=ynTuA\\_tlZDE&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=6](https://www.youtube.com/watch?v=ynTuA_tlZDE&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=6)

**Dealing with Rejection**

<https://www.youtube.com/watch?v=v37KOs6SG4&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVgjG&index=3>

**Resolving disagreements**

[https://www.youtube.com/watch?v=DvSk5T\\_0UfU](https://www.youtube.com/watch?v=DvSk5T_0UfU)

## Social Emotional and Behavioral Resources Middle School

### Social Skills

#### The social fake (Good Example)

<https://www.youtube.com/watch?v=2qahquVSL5Q&list=TLPQMjUwMzlwMjAir82o ycZVuQ&index=1>

#### The social fake (Bad Example)

[https://www.youtube.com/watch?v=ykemiu3\\_byk&list=TLPQMjUwMzlwMjAir82oy cZVuQ&index=2](https://www.youtube.com/watch?v=ykemiu3_byk&list=TLPQMjUwMzlwMjAir82oy cZVuQ&index=2)

#### Seeing someone else's side

[https://www.youtube.com/watch?v=r\\_cnk\\_yObRQ&list=RDCMUCXEWD MFYH8EU a3zv55qXQeg&index=3](https://www.youtube.com/watch?v=r_cnk_yObRQ&list=RDCMUCXEWD MFYH8EU a3zv55qXQeg&index=3)

#### Perspective

[https://www.youtube.com/watch?v=r\\_cnk\\_yObRQ](https://www.youtube.com/watch?v=r_cnk_yObRQ)

#### Body Language

<https://www.youtube.com/watch?v=1sfM-xx7tHl>  
<https://www.youtube.com/watch?v=r0tWomRZMuA>

#### Think It or Say It

[https://www.youtube.com/watch?v=r\\_cnk\\_yObRQ](https://www.youtube.com/watch?v=r_cnk_yObRQ)

#### \*How to Apologize

[https://www.youtube.com/watch?v=z3H\\_GqtE3Tc&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVqjG](https://www.youtube.com/watch?v=z3H_GqtE3Tc&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVqjG)

#### Social Cues

<https://www.youtube.com/watch?v=xaLRZfTe7QM&list=PLcfBCItNc-UCC9y-bBKxEjTssEoeR0xk>

#### Friendships and social media

<https://www.youtube.com/watch?v=fBWQTb5WLq4>

<https://www.youtube.com/watch?v=o9uISfCGMUs&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVqjG&index=4>

#### Boosting Your Self Esteem

<https://www.youtube.com/watch?v=zq-fSpFhNYw&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVqjG&index=5>