

# LIFE HABITS RESOURCES FOR FAMILIES

## What is Social, Emotional and Behavioral Learning?

Social, emotional, and behavioral learning is the process of acquiring knowledge, attitudes, and skills to understand and manage emotions, set positive goals, empathize with others, maintain positive relationships, and make responsible decisions. It develops social and emotional competencies like self-awareness, self-management, social awareness, relationship skills, and responsible decision-making, which support academic success, overall well-being, and positive contributions to school and life.

## What can you do?

Families encourage social-emotional development by creating secure relationships, modeling healthy emotional expression, and providing opportunities for children to practice social skills through play, conversations, and routines. Key strategies include building a trusting connection, helping children name and manage emotions, teaching empathy and kindness, praising positive behaviors, and allowing for unstructured interaction and play.

## How can apps help?

Apps can encourage social-emotional development by using games, social stories, and interactive exercises to help users identify and express emotions, develop self-awareness and regulation, practice problem-solving, and build empathy and communication skills in a safe, digital environment.



### Breathe, Think, Do with Sesame

Tackle everyday frustrations like struggling to tie shoes, dealing with separation anxiety, taking turns, and going to bed and learn how to deal with them. (ages 2-5)



### Wisdom: The World of Emotions

Build their understanding of emotion vocabulary, and learn ways to solve challenges and problems through fun learning experiences. (ages 4-8)



### Inner Explorer

Is designed to help parents raise mindful children in the classroom and beyond. This app is appropriate for ages 4-18.



### Feelu: Social Emotional Tool

Helps children to learn their emotions through videos, games, and daily journal and provides different strategies to regulate and control their emotions. (ages 0-5)



### GoNoodle - Kids Videos

Everything is designed especially for kids (age 4-10). All videos are related to dance, exercise, how-tos, yoga, stretching, deep breathing, and mindfulness.



### Bouncy the People Trainer

An interactive story(ages 4-6) that teaches social and emotional skills; recognize their own emotions, and learn to believe in themselves, care, try, and persevere.



### Daniel Tiger's Grr-ific Feelings

An early-education social and emotional learning app for preschoolers and kindergarten-age kids.



### Feely Emotion Tracker for Kids

Allows children to keep a record of their daily emotions and can record an explanation. Feely helps children comprehend emotions and discuss experiences. (ages 4+)



### calm

Is a meditation and sleep app, for all ages, which can be especially helpful for students battling stress.



### Mindful Powers

Helping young minds learn and practice mindfulness so they can respond more effectively to stressful situations through the power of play. (ages 4+)

