

Emotion Cards and Emotion-Related Activities: Teacher Tools for Emotional Education

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A number of tools and apps are available to assist teachers with emotional education. Here are a few sources to get you started.

Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University

<http://csefel.vanderbilt.edu/index.html>

This site offers numerous resources for social and emotional education, including scripted stories for social situations and other tools designed to help children to label feelings and promote problem solving in situations where emotions are at play. (Most suitable for primary students.)

Do2Learn

<http://www.do2learn.com/>

Do2Learn is a website that offers hundreds of hands-on resources to supplement social skills and emotional education, including emotion picture cards, learning songs and games, and academic materials. Materials are oriented primarily towards students with special needs, but some items can be used with all students.

Enchanted Learning®

<http://www.enchantedlearning.com/Home.html>

This website has thousands of pages of education materials for teachers, including worksheets and printouts related to emotional learning. The yearly subscription is \$20.00 USD.

Free Spirit Publishing

<http://www.freespirit.com/>

This site markets books with lesson plans for different age groups covering themes such as emotions, empathy, relationships, bullying prevention, problem solving, and teamwork. Age groups Pre-K and K, Grades 1–2, Grades 3–5, Grades 6–8; Written by Katia S. Petersen, Ph.D.

Social Thinking

<http://socialthinking.com/>

Award-winning books, games, and curriculum ideas for various age groups, developed by a team led by renowned speech–language pathologist Michelle Garcia Winner, author of *Thinking About You, Thinking About Me*.

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SparkleBox

<http://www.sparklebox.co.uk/>

A UK-based website offering hundreds of free, downloadable/printable visual aids of various kinds, including some related to emotional learning.

TeacherVision®

<http://www.teachervision.fen.com/>

Click on Themes → Teaching Methods and Management → Social/Emotional Issues

This site offers printables, lessons, and other resources to help teachers address social and emotional issues with different age groups. Includes teacher guides for classic works of literature (e.g., Les Misérables, Pygmalion) and printable resources for art activities related to social and emotional learning. Samples can be downloaded free of charge; however, access to the full list of resources requires a subscription (\$39.99 USD for one year).

Bright Hub Education

Teaching Drama: Acting and Emotions

<http://www.brighthouseeducation.com/>

click on Middle School → The Arts: Grades 6–8 → search “acting and emotions”

Drama game to help children in Grades 6 to 8 act out their emotions in the context of a drama activity.

Apps

Emotionary

<http://memu.org/>

Emotionary is an app-based dictionary of emotions and funny feelings, which guides users through variations of the five primary emotions. The app includes 70 expressive emoticons and hundreds of definitions and feeling words.

Middle School Confidential

<http://www.middleschoolconfidential.com/>

Digital graphic novels based on the Middle School Confidential book series written by Annie Fox, a teen expert and anti-bullying activist. The series includes three titles:

Be Confident in Who You Are

Real Friends vs. the Other Kind

What's Up with My Family?

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Positive Penguins

<http://positivepenguins.com/>

This game, promoted as “developed by children for children,” is designed to help students think about and understand their feelings, while building resilience by gently challenging negative thinking.

Smiling Mind

<http://smilingmind.com.au/>

Smiling Mind is a web and app-based meditation program for young people, developed by a team of psychologists. (Suitable for all ages, but kids six and under may need adult guidance.)