

**Social Emotional and Behavioral Resources  
High 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-tgVqjG&index=2](https://www.youtube.com/watch?v=BsVq5R_F6RA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tgVqjG&index=2)

**Compromising**

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

**Conflict Resolution**

<https://www.youtube.com/watch?v=EABFiICZJy8>

**How To Disagree**

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

**Dealing with Jealousy**

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

**Dealing with Embarrassment**

[https://www.youtube.com/watch?v=PMR7\\_MXgtUA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tgVqjG&index=9](https://www.youtube.com/watch?v=PMR7_MXgtUA&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tgVqjG&index=9)

**Ways to Stop Bullying**

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

**Dealing with Rejection**

<https://www.youtube.com/watch?v=v37KOs6SG4&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tgVqjG&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  
High 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=TLPQMjUwMzlwMjAir82o ycZVuQ&index=2](https://www.youtube.com/watch?v=ykemiu3_byk&list=TLPQMjUwMzlwMjAir82o ycZVuQ&index=2)

**Seeing someone else's side**

[https://www.youtube.com/watch?v=r\\_cnk\\_yObRQ&list=RDCMUCXEWD MFYH8EU a3zv55gXQeg&index=3](https://www.youtube.com/watch?v=r_cnk_yObRQ&list=RDCMUCXEWD MFYH8EU a3zv55gXQeg&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-xx7tHI>  
<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\\_GgtE3Tc&list=PL0vRmiTj6a6Mm-D0InjJbp2Yjy-tqVqjG](https://www.youtube.com/watch?v=z3H_GgtE3Tc&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>