



Media Resources from Lexington's K-5 Counseling Lessons

Kindergarten - Identifying Feelings

- Book: *The Way I Feel* by Janan Cain
- Video: "Dave Matthews and Grover Sing About Feelings" - <https://youtu.be/Po5IHYYJJQfw>

Grade 1 - Coping With Feelings

- Book: *When Sophie Gets Angry-Really, Really Angry* by Molly Bang
- Book: *A Bug and a Wish* by Karen Scheuer
- Video: "Just Breathe" - <https://www.youtube.com/watch?v=RVA2N6tX2cg>

Grade 2 - Empathy and Group Work

- Book: *Stand In My Shoes: Kids Learning About Empathy* by Bob Sornson
- Book: *Swimmy* by Leo Lionni

Grade 3 - Healthy Friendships

- Video: "Friendship Soup" - <https://www.youtube.com/watch?v=uqz5py-6hX4>
- Book: *Trouble Talk* by Tracy Ludwig

Grade 4 - Stress Reduction and the Brain

- Video: Emotions and the Brain - <https://www.youtube.com/watch?v=xNY0AAUtH3g>
- Diagram: Getting To Know and Love Your Brain - http://teacher.scholastic.com/products/mindup/pdfs/MindUP_K-2_Sample_Poster.pdf
- Video: "Just Breathe" - <https://www.youtube.com/watch?v=RVA2N6tX2cg>

Grade 5 - Problem-Solving Skills

- Video: Stuck On an Escalator - https://www.youtube.com/watch?v=VrSUE_m19FY
- Video: "Mean Girls Bully Video For My School" - <https://www.youtube.com/watch?v=F3rqtXSCV-E>