

WEB RESOURCES: COPING SKILLS

- “COPING STRATEGIES”
<https://www.thepathway2success.com/coping-strategies>
Elementary, Middle, and High
- “IDEAS FOR HOW TO CALM DOWN”
<https://media.centervention.com/pdf/Helpful-Coping-Strategies-Typable.pdf> Elementary, Middle, and High
- “25+ Coping Skills Activities to Help Kids Manage Stress”
<https://thepathway2success.com/25-coping-skills-activities-to-help-kids-manage-stress> Middle and High
- “COPING STEPS”
https://www.mylemarks.com/uploads/4/7/0/1/47012219/anger_coping_steps_mylemarks_llc.pdf Middle and High
- “SOMETHING MADE ME FEEL ANGRY”
https://www.mylemarks.com/uploads/4/7/0/1/47012219/anger_something_made_me_feel_angry_mylemarks_llc.pdf Middle and High
- “HEALTHY COPING STRATEGIES FOR KIDS”
<https://www.strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids>
Elementary, Middle and High

WEB RESOURCES: SOCIAL SKILLS

- “12 BASIC SOCIAL SKILLS KIDS NEED”
<https://www.thepathway2success.com/?s=12+Basic+Social+Skills+kids+need> [ELEMENTARY SCHOOL]
- “12 BASIC SOCIAL SKILLS KIDS NEED AND HOW TO TEACH THEM”
<https://www.thepathway2success.com/?s=12+Basic+Social+Skills+kids+need> [ELEMENTARY SCHOOL]
- “TEEN VOICES: FRIENDSHIPS AND SOCIAL MEDIA”
<https://www.common sense.org/education/videos/teen-voices-friendships-and-social-media> [MIDDLE SCHOOL]
- “TAKE THESE ACTIONS IF YOU WANT TO BALANCE LIFE AND SOCIAL MEDIA”
<https://www.forbes.com/sites/womensmedia/2017/01/16/take-these-actions-if-you-want-to-balance-life-and-social-media/?sh=17c541d01ef2> [MIDDLE & HIGH SCHOOL]
- “CYBERBULLYING”
<https://kidshealth.org/en/teens/cyberbullying.html> [MIDDLE & HIGH SCHOOL]
- “WHAT’S IN YOUR DIGITAL FOOTPRINT?”
<https://www.common sense.org/education/videos/whats-in-your-digital-footprint> [MIDDLE & HIGH SCHOOL]
- “TEEN VOICES: OVERSHARING AND YOUR DIGITAL FOOTPRINT”
<https://www.common sense.org/education/videos/teen-voices-oversharing-and-your-digital-footprint> [MIDDLE SCHOOL]
- “DEALING WITH BULLYING”
<https://kidshealth.org/en/teens/bullies.html> [HIGH SCHOOL]
- “HOW TO DEAL WITH CONFLICTS”
<https://www.youtube.com/watch?v=L5Xx0jtYeDc> [MIDDLE SCHOOL]