Free SEL Resources for Middle School

<https://www.centervention.com/social-emotional-learning-activities/>

free resources – lessons, activities, and printables – in the following skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation.

<https://www.scholastic.com/teachers/articles/teaching-content/grades-6-8-social-emotional-skills/>

Attitude, boundaries, conflict

<https://www.teachervision.com/blog/morning-announcements/coping-skills-printables>

\*Better for younger students

Coping skills printable

<https://nobarriersusa.org/free-social-emotional-learning-curriculum/>

This free social emotional learning curriculum challenges students to overcome obstacles by creating a joint vision and collaborating with their peers to make a positive impact in their community. No Barriers Ignite helps students dive deeper into their identity and potential to have positive impacts on the world.

<https://www.thepathway2success.com/free-social-emotional-learning-resources/>

100+ free SEL resources

<https://www.centervention.com/hall-of-heroes/>

NOT FREE- $10 per year

SEL Online Game

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WORKSHEETS:

<https://www.scholastic.com/content/dam/teachers/articles/migrated-files-in-body/resolving_conflicts.pdf>

Conflict Resolution Worksheet

<https://www.scholastic.com/content/dam/teachers/articles/migrated-files-in-body/what_sets_you_off.pdf>

Anger Management Worksheet

<https://www.centervention.com/think-before-you-speak/>

Empathy Worksheet

<https://media.centervention.com/pdf/Helpful-Hurtful-Not-Helpful-Kind.pdf>

Helpful-Hurtful-Not Helpful-Kind Printable Activity

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APPS:

Head Space

Calm