

Short Video Friday-see the overview document, but this is a SEL strategy I created by using student friendly short videos to understand, inspire and navigate life. These videos can have monthly themes, relate to things happening in your class or school, totally up to you. These are based on middle school and early high school.

In addition, you can add sayings every day from areas of study or timely reflections.

September-Focus, Mindfulness, and School

[A Pep Talk for teachers and students](#)

[Mindfulness is a Superpower](#)

[Six year old explains mindfulness](#)

[Students talk about pressure](#)

October-Be You

[I'm not a label](#)

[The story of DNA](#)

[Orphaned Lamb on Apricot Farm](#)

[Not everybody lives](#)

November-Gratitude

[Louie Schwartzberg video on Gratitude with narration](#)

[100 Paintings of Gratitude](#)

[Perspectives on Gratitude](#)

December-Giving

[Award Winning Video](#)

[Football Team Giving](#)

[Animated Short on Giving](#)

