



Social-Emotional Development Playlist

DEVELOP SELF-AWARENESS SKILLS

Self-Awareness	50 min.	Explore what self-awareness is and how to develop it with the famous Search Inside Yourself course from Google.
Become Self-Aware	28 min.	In this mindfulness mini course, learn the importance of self-awareness in your emotions, relationships, and all aspects of life.
Understand Your Emotion	26 min.	In this mini course, Mark Coleman uses mindfulness techniques to help you recognize and work with emotions as the key to living well.
Imagine Your Best Future	32 min.	Kelly Boys shares a mindfulness mini course to explore an ideal future that is aligned with your values and goals.

DEVELOP COPING SKILLS

Self-Management	1 hour 26 min.	Learn to move from compulsion to choice in challenging situations with the famous Search Inside Yourself course from Google.
Mindfulness 101	34 min.	Learn the basics of a mindfulness and meditation practice in this starter course.
Calm Anxiety	27 min.	Kelly Boys shares mindfulness practices to learn what anxiety is, how it affects your life and how to overcome it in this mini course.
The Power of Breath	26 min.	A mindfulness and meditation mini course to notice and expand the physical and emotional benefits of deep breathing practices.
Reduce Daily Stress	22 min.	Kelly Boys shares mindfulness techniques to learn what triggers stress and how to create new options to let go of it in this mini course.
Practice Gratitude	22 min.	Improve your mood and health with mindfulness practices based in deeper human connection and appreciation in this mini course.



Focus & Be Calm	36 min.	Jessica Morey shares mindfulness practices to develop concentration, calmness and clarity in this mini course.
Shift Difficult Feelings	1 hour 16 min.	A mindfulness course with Jessica Morey. Learn to work skillfully with difficult emotions, instead of rejecting them.
Anger Management	52 min.	In this meditation and meditation course, Andy Gonzalez helps you to manage anger more skillfully.
Accepting & Letting Go	26 min.	Mark Coleman shares mindfulness practices in this mini course to help you explore your inner Yoda for more peace and clarity.

DEVELOP SOCIAL-EMOTIONAL SKILLS

Empathy & Compassion	1 hour 1 min.	Better understand and connection with other people through empathy and compassion with the famous Search Inside Yourself from Google.
Situational Awareness	2 hours 11 min.	Rudy Wolf shares a mindfulness and meditation course for professionals to reduce stress and fatigue while increasing focus to avoid injury.
Leading With Compassion	59 min.	Laurie Cameron shares mindfulness practices to lead while relating to others more skillfully and fearlessly – especially in times of difficulty.
Overcome Conflict	27 min.	A mindfulness mini course with practices to help you slow down, hear and be heard more effectively, while not taking things too personally.