

Children:

Anxiety:

- Daniel Tiger's "Mom And Dad Are Going On A Trip"
- Daniel Tiger's "Mom Tiger Goes To Work"
- Grownups Come Back Song by Daniel Tiger
- Sesame Street's Zach Braff And Telly: Anxious
- Sesame Street's Lena Headey And Murray: Relax
- Sesame Street's How To Self-Hug With Abby Cadabby
- I'm Not So Scared Song: A Song For Kids Who Are Afraid Of The Dark

Bibliotherapy:

- "The Bad Seed" by Jory John
- "The Good Egg" by Jory John
- "The Ugly Duckling"
- "I Can Handle It"
- Bully: A Read-Along Story About Bullies For Kids
- "My Strong Mind" Read Aloud
- "I Believe In Myself"
- "I Like Myself"
- "I Can't Do That...Yet!"
- "Be Kind"
- "Be A Friend"
- "Grumpy Monkey" by Suzanne Lang
- "I Was So Mad" by Mercer Mayer
- "The Very Lonely Firefly" by Eric Carle
- "Listening To My Heart" by Gabi Garcia
- "You, Me And Empathy" by Jayneen Sanders
- "In My Heart" by Jo Witek
- "I Don't Want To Go To Bed" by Tony Ross
- "The Way I Feel" by Janan Cain
- "Ready For Anything" by Keako Kasza
- "I Can Do Hard Things" by Gabi Garcia
- "I Am Enough" by Grace Byers
- "I Like Myself" by Karen Beaumont
- "Find Your Calm" by Gabi Garcia
- "B Is For Breathe" by Dr. Melissa Munro Boyd
- "Listening To My Body" by Gabi Garcia
- "Have You Filled A Bucket Today?" by Carol McCloud

Bravery:

- [With A Little Help, You Can Be Brave Song by Daniel Tiger](#)
- ["The Bravest Fish"](#)
- [Daniel's Long Hair \(Change\)](#)

COVID-19 Specific

- [Sesame Street's Grover Shows Near And Far From Home!](#)
- [Sesame Street's Washy Wash Song \(How To Wash Your Hands\)](#)
- [Sesame Street's Time To Wash Your Hands PSA \(When To Wash Your Hands\)](#)
- [Sesame Street's Elmo's Morning Routine](#)
- [Sesame Street's How To Self-Hug With Abby Cadabby](#)
- [Sesame Street's Oscar The Grouch: Stay Home](#)
- [Sesame Street's Elmo's Playdate](#)
- [Sesame Street's How To Sneeze And Cough Safely With Grover](#)
- [Sesame Street's Elmo's Virtual Hug](#)
- [Healthy Home Practices During COVID-19](#)

Emotions:

- [Feeling Songs by Daniel Tiger](#)
- [Daniel Tiger Still Feels Sad](#)
- [Daniel Tiger's "Jodi's Lost Book" \(Sadness\)](#)
- [Daniel Wants A Horsey Ride \(Disappointment\)](#)
- [Daniel Tiger's "You Can't Always Get What You Want!" \(Disappointment\)](#)
- [Daniel Feels Jealous](#)
- [What Do You Do With The Mad That You Feel? Song by Daniel Tiger](#)
- [Daniel Tiger's "First Time For Fireworks" \(Fear\)](#)
- [SUPER WHY!'s "Woofster Defines Miserable"](#)
- [Emotions Song by StoryBots](#)
- [The Feelings Song](#)
- [Emotions Hokey Pokey](#)
- [Hello, How Are You? Emotions Song](#)
- [Feelings and Emotions Song for Kids](#)
- [Sesame Street's Charlize Theron And Abby: Jealous](#)
- [Sesame Street's Jon Hamm And Murray: Emotions](#)
- [Sesame Street's Seth Rogen And Elmo: Embarrassed](#)
- [Sesame Street's James Gandolfini: Scared](#)
- [Sesame Street's Dave Matthews And Grover: Feelings](#)
- [Sesame Street's Sarah Michelle Gellar And Elmo: Disappointed](#)
- [The Feels: Anxious](#)
- [The Feels: Sadness](#)

- [The Feels: Mad](#)
- [The Feels: Grateful](#)
- [The Feels: Happy](#)
- [The Feels: Kind](#)
- [Why Do We Lose Control Of Our Emotions?](#)
- [Know Your Emotions](#)
- [Daniel Tiger's "The Smushed Cake" \(Sadness\)](#)
- [Tigey Is So Special To Me \(Sadness\)](#)
- [What Do You Do With The Mad That You Feel Song by Daniel Tiger](#)
- [Daniel Tiger Feeling Mad For Kids](#)
- [Sesame Street's Robin Williams: Conflict](#)
- [Sesame Street's Common And Colbie Caillat: Belly Breathe](#)
- [Anger Management For Kids](#)
- [Try To Fix The Problem Yourself Song by Daniel Tiger \(Pride\)](#)
- [Turn It Around Song by Daniel Tiger \(Positive Reframing\)](#)
- [Sesame Street's Elmo Feels Proud Song](#)
- [Yogotars: Naming Emotions and Social Emotional Learning For Kids](#)

Family:

- [Big Helper Daniel](#)
- [Daniel Tiger's "Fixing A Wagon With Mom"](#)
- [Daniel Tiger's "Fixing The Mailbox"](#)
- [As Long As You're With Your Family You're Home Song by Daniel Tiger](#)
- [The Tiger Family Trip Song by Daniel Tiger](#)
- [Daniel Tiger's "We Arrive At Grandpere's House!" \(Disappointment\)](#)
- [Daniel Tiger's Family Tree](#)
- [Daniel Sings Margaret To Sleep](#)
- [There's Time For You And Baby, Too Song by Daniel Tiger](#)
- [Daniel Wants To Play With Dad](#)
- [Families Are Different And That's Okay Song by Daniel Tiger](#)
- [Sesame Street's Device Free Dinner](#)

Health and Hygiene:

- [Go Potty, Go Song by Daniel Tiger](#)
- [Daniel Tigers Gets His Teeth Cleaned](#)
- [Dentists Are There To Help Song by Daniel Tiger](#)
- [Bathtime Bubbles](#)
- [Daniel Tiger's "Germs, Germs Go Away"](#)
- [Doctors Are Grownups Who Help Us Song by Daniel Tiger](#)
- [Daniel Tiger's "When You Have To Go Potty, Stop And Go Right Away"](#)
- [Daniel The Germ-Fighting Superhero](#)

- [Daniel's Tummy Hurts \(Bathroom Issues\)](#)
- [Daniel Tiger's "Prince Wednesday's Glasses"](#)
- [Sesame Street's Washy Wash Song \(How To Wash Your Hands\)](#)
- [Sesame Street's Time To Wash Your Hands PSA \(When To Wash Your Hands\)](#)
- [Sesame Street's Brushing Your Teeth](#)
- [Sesame Street's Potty Time With Elmo](#)

Interactive Videos/Games:

- [Simon Says Music Game For Kids](#)
- [Sesame Street's Elmo Has A Freeze Dance Party](#)
- [Sesame Street's Grover Shows Near And Far From Home!](#)
- [Sesame Street's Play Freeze Dance With Abby](#)
- [Inside Out: Guess The Feelings Interactive Video](#)
- [Sesame Street's Name That Emotion Interactive Game](#)
- [Guess And Learn Emotions](#)

Minecraft:

- [A Cosmic Kids Yoga Adventure With Minecraft](#)
- [Minecraft Meditation - Raining Woodland](#)
- [Minecraft Meditation - Volcano Island](#)
- [Minecraft Meditation - The Lost Pyramid](#)

Mistakes:

- [Daniel Tiger's "It's Okay To Make Mistakes"](#)
- [Daniel Tiger's "Oopsy!"](#)
- [Prince Wednesday Spills The Milk](#)

Patience:

- [Daniel Tiger's "Are We There Yet?"](#)
- [Daniel Tiger's "It Can Be Hard To Try Something New"](#)
- [Sesame Street's Zac Efron And Elmo: Patience](#)
- [Sesame Street's David Beckham: Persistent](#)
- [Sesame Street's Maren Morris Sings Oops! Whoops! Wait, Ah Ha! Song](#)
- [Sesame Street's Janelle Monae: Power Of Yet](#)
- [Sesame Street's The Power Of Yet With Zoe And Elmo](#)
- [Sesame Street's Bruno Mars: Growth Mindset](#)
- [Dr. Nagler's Laboratory: Developing A Growth Mindset](#)
- [Plants On Growth Mindset](#)
- [ClassDojo's Growth Mindset For Students](#)
- [TEDx: Rebecca Chang - What Growth Mindset Means For Kids](#)

- [TEDx: Carson Byblow - The Mindset Of A Champion](#)

Problem-Solving:

- [Daniel Tiger's "It's Too Wet To Play"](#)
- [Daniel Tiger's "Froggy Freeze"](#)

Respect:

- [Accepting No Song by Daniel Tiger](#)
- [Daniel Doesn't Want To Wear His Mittens](#)
- [Saying I'm Sorry Is The First Step Song by Daniel Tiger](#)
- [Daniel Tiger's "STOP! Margaret Doesn't Like That!"](#)
- [Daniel Tiger's "Too Loud! Too Loud!"](#)
- [Sesame Street's Nicole Kidman And Oscar The Grouch: Stubborn](#)
- [Sesame Street's Word On The Street: Respect](#)

Routine:

- [Sesame Street's Elmo's Morning Routine](#)

Self-Esteem & Self-Care:

- [When You're Sick, Rest Is Best Song by Daniel Tiger](#)
- [Sesame Street's Rosita And Elmo: Yoga](#)
- [Sesame Street's Lupita Nyong Loves Her Skin](#)
- [Sesame Street's Color Of Me Song](#)
- [Sesame Street's Michael Bublé And Elmo: Believe In Yourself](#)
- [Sesame Street's Will.i.am: What I Am](#)
- [Sesame Street's What Makes You Special](#)

Sharing:

- [Daniel Tiger's "Oh, No! Margaret Wants My Stickers"](#)
- [Daniel Tiger's "We Can Take Turns"](#)
- [Daniel Tiger's "So Many Books At The Library"](#)
- [Sesame Street's Learning To Take Turns](#)
- [Sesame Street's Share It Maybe](#)
- [Sesame Street's Gwen Stefani: Be A Good Friend](#)
- [Sesame Street's Sharing Things](#)

Social Skills:

- [Daniel Finds Jodi's Book \(Helping Others\)](#)
- [Daniel Tiger's "Come Meet Chrissie" \(Meeting A Child Different From You\)](#)

- [Daniel Plays Splat Ball With Jodi and Miss Elaina](#)
- [Prince Wednesday Is Still Daniel's Friend \(Having More Than One Friend\)](#)
- [It's Great To Be Kind Song by Daniel Tiger](#)
- [Daniel Is Kind To Prince Tuesday](#)
- [Daniel Tiger's "Friends Are Different And The Same"](#)
- [Daniel Tiger's "We're Having Brother Time"](#)
- [Daniel Meets His New Neighbors](#)
- [Sesame Street's Elmo's The Kindest Superhero Song](#)
- [Sesame Street's Mark Ruffalo: Empathy](#)
- [Sesame Street's Anyone Can Be A Friend](#)
- [Sesame Street's Tori Kelly: Try A Little Kindness](#)
- [Sesame Street's Heidi Klum And Elmo: Compliment](#)
- [Sesame Street's Cobie Smulders And Grover: Courteous](#)
- [My Wallaby Won't Use His Words](#)
- [My Badger Is A Bully!](#)
- [My Monkey Won't Tell The Truth!](#)
- [Use Polite Words](#)
- ["Everybody Is Different"](#)

Tweens/Teens:

Activism:

- [TED Talk: McKenna Pope - Want To Be An Activist? Start With Your Toys](#)
- [TED Talk: Alison Quirk - Making A Difference In The World](#)
- [TED Talk: Natalie Warne - Being Young And Making An Impact](#)

Autism:

- [TED Talk: Rosie King - How Autism Freed Me To Be Myself](#)

Confidence & Self-Esteem:

- [TED Talk: Amy Adkins - 3 Tips To Boost Your Confidence](#)
- [The School Of Life: Self-Compassion](#)
- [The School Of Life: How To Be A Friend To Yourself](#)
- [The School Of Life: Confidence](#)
- [The School Of Life: Not Liking One's Looks](#)
- [The School Of Life: On Feeling Ugly](#)
- [Brené Brown On Worthiness](#)

Emotions:

- [TED Talk: Elizabeth Gilbert - It's Okay To Feel Overwhelmed: Here's What To Do Next](#)
- [TED Talk: Susan David - How To Be Your Best Self In Times Of Crisis](#)
- [TED Talk: Liz Fosslien - How To Embrace Emotions At Work](#)
- [TED Talk: Lucy Hone - The Three Secrets Of Resilient People](#)
- [TED Talk: Ryan Martin - Why We Get Mad And Why It's Healthy](#)
- [TED Talk: Olivia Remes - How To Cope With Anxiety](#)
- [TED Talk: Ryan Martin - Why Some Anger Can Be Good For You](#)
- [TED Talk: Tiffany Watt Smith - The History Of Human Emotions](#)
- [TED Talk: Lisa Feldman Barrett - You Aren't At The Mercy Of Your Emotions: Your Brain Creates Them](#)
- [TED Talk: John Koenig - Beautiful New Words To Describe Obscure Emotions](#)
- [TED Talk: Ron Gutman - The Hidden Power Of Smiling](#)
- [Happify: How To Calm Your Worries And Sleep Better](#)
- [Brené Brown On Attending To Fears And Feelings](#)
- [Stress Management Educational Video](#)

Empowerment:

- [TED Talk: Tavi Gevinson - A Teen Just Trying To Figure It Out](#)
- [TED Talk: Kakenya Ntaiya - Empower A Girl, Transform A Community](#)
- [TED Talk: Kid President - I Think We All Need A Pep Talk](#)
- [TED Talk: Kiran Seth - Kids Take Charge](#)
- [TED Talk: Jon Bowers - We Should Aim For Perfection And Stop Feeling Failure](#)
- [TED Talk: Reshma Saujani - Teach Girls Bravery, Not Perfection](#)
- [TED Talk: Jia Jiang - What I Learned From 100 Days Of Rejection](#)

Friendships/Social Skills:

- [The School Of Life: Friendship & Vulnerability](#)
- [The School Of Life: The Purpose Of Friendship](#)
- [Brené Brown On Empathy](#)

Incarceration:

- [TED Talk: Ismael Nazario - What I Learned As A Kid In Jail](#)

LGBT:

- [TED Talk: Joel Burns - A Message To Gay Teens: It Gets Better](#)
- [TED Talk: Norman Spack - How I Help Transgender Teens Become Who They Want To Be](#)

- [TED Talk: Jackson Bird - How To Talk And Listen To Transgender People](#)

Motivation:

- [Make Your Bed - William McRaven](#)
- [The Wisdom Of A Third Grade Dropout Will Change Your Life - Rick Rigsby](#)
- [TED Talk: Leticia Gasca - Don't Gail Fast, Fail Mindfully](#)
- [The School Of Life: Procrastination](#)

Positive & Negative Thinking:

- [TED Talk: Alison Legerwood - A Simple Trick To Improve Positive Thinking](#)
- [Happify: How To Defeat Negative Thinking](#)
- [The School Of Life: Overcoming Bad Inner Voices](#)

Risk-Taking:

- [TED Talk: Kashfia Rahman - How Risk Taking Changes A Teenager's Brain](#)

Success and Failure:

- [TED Talk: Valorie Kondos Field - Why Winning Doesn't Always Equal Success](#)
- [TED Talk: Kathryn Schulz - On Being Wrong](#)
- [TED Talk: Jon Bowers - We Should Aim For Perfection And Stop Fearing Failure](#)
- [TED Talk: Jia Jiang - What I Learned From 100 Days Of Rejection](#)
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- [TED Talk: Larry Smith - Why You Will Fail To Have A Great Career](#)
- [TED Talk: Sarah Lewis - Embrace The Near Win](#)
- [TED Talk: Raphael Rose - How Failure Cultivates Resilience](#)
- [The School Of Life: Success At School vs. Success In Life](#)
- [The School Of Life: What Is 'Success'?](#)
- [The School Of Life: The Problem With Perfectionism](#)
- [The School Of Life: The Perfectionist Trap](#)

Trust:

- [TED Talk: Frances Frei - How To Build And Rebuild Trust](#)
- [TED Talk: Onora O'Neill - What We Don't Understand About Trust](#)
- [The School Of Life: How To Forgive](#)

Vulnerability & Shame:

- [TED Talk: Brené Brown - The Power Of Vulnerability](#)
- [Brené Brown On Vulnerability](#)

- [Brené Brown On Embracing Vulnerability](#)
- [Brené Brown On The Biggest Myth About Vulnerability](#)
- [TED Talk: Brené Brown - Listening To Shame](#)
- [Brené Brown On Blame](#)

Adults:

Autism:

- [TED Talk: Ethan Lisi - What It Is Really Like To Have Autism](#)
- [TED Talk: Rosie King - How Autism Freed Me To Be Myself](#)
- [TED Talk: Stuart Duncan - How I Use Minecraft To Help Kids With Autism](#)
- [TED Talk: Carina Morillo - To Understand Autism, Don't Look Away](#)
- [TED Talk: Wendy Chung - Autism: What We Know And What We Don't Know](#)
- [TED Talk: Alix Generous - How I Learned To Communicate My Inner Life With Asperger's](#)

Confidence:

- [TED Talk: Amy Adkins - 3 Tips To Boost Your Confidence](#)

COVID-19 Specific:

- [Sesame Street's Parent PSA: A Moment To Yourself](#)

Education:

- [TED Talk: Shameem Akhtar - To Learn Is To Be Free](#)
- [TED Talk: Olympia Della Flora - Creative Ways To Get Kids To Thrive In School](#)

Empowerment:

- [TED Talk: Tavi Gevinson - A Teen Just Trying To Figure It Out](#)
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- [TED Talk: Christopher Bell - Bring On The Female Superheroes](#)
- [TED Talk: Reshma Saujani - Teach Girls Bravery, Not Perfection](#)

Friendships:

- [TED Talk: Sophie Andrews - The Best Way To Help Is Often Just To Listen](#)
- [TED Talk: Bill Bernat - How To Connect With Depressed Friends](#)

Happiness:

- [TED Talk: Elizabeth Dunn - Helping Others Makes Us Happier, But It Matters How We Do It](#)
- [TED Talk: Mike Robbins - The Power Of Appreciation](#)
- [TED Talk: AJ Jacobs - My Journey To Thank All The People Responsible For My Morning Coffee](#)
- [TED Talk: Stephen Trzeciak - Want A Happier Life? Be More Compassionate](#)
- [TED Talk: Ingrid Fetell Lee - Where Joy Hides And How To Find It](#)
- [TED Talk: David Steindl Rast - Want To Be Happy? Be Grateful](#)
- [TED Talk: Pico Iyer - Where Is Home](#)
- [TED Talk: Stefan Sagmeister - 7 Rules For Making More Happiness](#)
- [TED Talk: Neil Pasricha - The 3 A's Of Awesome](#)
- [TED Talk: Don Norman - 3 Ways Good Design Makes You Happy](#)
- [TED Talk: Matthieu Ricard - The Habits Of Happiness](#)
- [TED Talk: Philip Zimbardo - The Psychology Of Time](#)

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- [TED Talk: Jackson Bird - How To Talk And Listen To Transgender People](#)

Mental Health:

- [TED Talk: Johann Hari - This Could Be Why You're Depressed Or Anxious](#)
- [TED Talk: How I Live With High Functioning Anxiety](#)
- [TED Talk: Olivia Remes - How To Cope With Anxiety](#)
- [TED Talk: Noa Kageyama And Pen Pen Chen - How To Stay Calm Under Pressure](#)
- [TED Talk: Sophie Andrews - The Best Way To Help Is Often Just To Listen](#)
- [TED Talk: Helen M. Farrell - What Is Bipolar Disorder?](#)
- [TED Talk: Helen M. Farrell - What Is Depression?](#)
- [TED Talk: Anees Bahji - What Is Schizophrenia?](#)
- [TED Talk: Daniel Levitin - How To Stay Calm When You Know You'll Be Stressed](#)
- [TED Talk: Dr. Natascha M. Santos - Debunking The Myth Of OCD](#)
- [TED Talk: Guy Winch - Why We All Need To Practice Emotional First Aid](#)
- [TED Talk: Jeff Iliff - One More Reason To Get A Good Night's Sleep](#)
- [TED Talk: Courtney Stephens - A Brief History Of Melancholy](#)
- [TED Talk: Andrew Solomon - Depression: The Secret We Share](#)
- [TED Talk: Kevin Breel - Confessions Of A Depressed Comic](#)
- [TED Talk: Eleanor Longden - The Voices In My Head](#)
- [TED Talk: Thomas Insel - Toward A New Understanding Of Mental Illness](#)
- [TED Talk: Ruby Wax - What's So Funny About Mental Illness](#)

- [TED Talk: Vikram Patel - Mental Health For All By Involving All](#)

Mindfulness:

- [TED Talk: Andy Puddicombe - All It Takes Is 10 Mindful Minutes](#)
- [TED Talk: Pico Iyer - The Art Of Stillness](#)
- [TED Talk: Matt Killingsworth - Want To Stay Happier? Stay In The Moment](#)

Motivation:

- [Make Your Bed - William McRaven](#)
- [The Wisdom Of A Third Grade Dropout Will Change Your Life - Rick Rigsby](#)
- [TED Talk: Leticia Gasca - Don't Gail Fast, Fail Mindfully](#)
- [TED Talk: Laura Fox - Don't Shy Away From Ignorance, Use It To Better Yourself](#)
- [TED Talk: David Asch - Why It Is So Hard To Make Healthy Decisions](#)
- [TED Talk: Sabine Doebel - How Your Brain's Executive Function Works And How To Improve It](#)

Parenting:

- [TED Talk: Colin Powell - Kids Need Structure](#)
- [TED Talk: Kang Lee - Can You Really Tell If A Kid Is Lying](#)
- [TED Talk: Sonia Livingstone - Parenting In The Digital Age](#)
- [TED Talk: Lindsay Amer - Why Kids Need To Learn About Gender And Sexuality](#)
- [TED Talk: Sara Valencia Botto - When Do Kids Start To Care About Other People's Opinions](#)
- [TED Talk: Claudia Miner - A New Way To Get Every Child Ready For Kindergarten](#)
- [TED Talk: Yuko Munakata - Why Most Parenting Advice Is Wrong](#)
- [TED Talk: Olympia Della Flora - Creative Ways To Get Kids To Thrive In School](#)
- [TED Talk: Caroline Paul - To Raise Brave Girls, Encourage Adventure](#)
- [TED Talk: Rita Pierson - Every Kid Needs A Champion](#)

Psychology:

- [TED Talk: Ben Ambridge - 9 Myths About Psychology Debunked](#)

Stress:

- [TED Talk: Kelly McGonigal - How To Make Stress Your Friend](#)

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- [TED Talk: Valorie Kondos Field - Why Winning Doesn't Always Equal Success](#)
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