

Paddington Station Social-Emotional Learning (S.E.L.) Resource List

Paddington Station recently purchased new books, tools, and sensory materials for our S.E.L. program! These materials will be shared by all classrooms at Paddington Station in order to promote positive social-emotional growth in students. This is by no means an exhaustive list as we are always adding new resources.

We share this list (links included) with you because S.E.L. items are great for use at home, too- you might want to purchase a few of these items for your own collection! Friendly reminder – all of these items are found on Amazon and you can choose Paddington Station as your [Amazon Smile](#) recipient.

Gross Motor & Movement



[ProsourceFit Core Balance Disc Trainer](#), 14" Diameter – this is a great wiggle seat/ footrest during mealtime



[Kinderfeets, Kinderboard](#), Waldorf Original Wooden Balance Board for Toddlers, Kids, Teens, Adults (Natural)

Supervision recommended when children utilize this tool



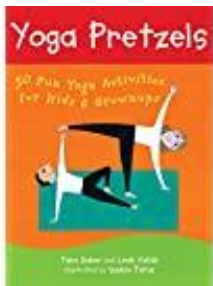
[Set of 6 Balance pods with 3 New Shapes](#) – Hedgehog, Rocky, Geometric Stability pods, Improve core Strength, Body Awareness, Coordination



[Deluxe Large 2.25" EVA Foam Dice \(Pack of 12\) with Bonus Matty's Toy Stop Storage Bag](#) – Use these dice to count movements and exercises!



[Kidnasium Exercise Dice & Activity Coins, Soft Foam 6-Sided Movement Dice Fun Learning Game](#) for Active Kids



[Yoga Pretzels: 50 Fun Activities for Kids & Grownups](#) by Tara Guber (Cards)



[Animal Action Cards. 25 Engaging Cards. Card Game for Toddlers.](#) Active Toddler Game. 4"x6".

S.E.L. Fidgets & Skill Building Tools



[Novelty Expandable Breathing Ball](#) - Stress Reliever Fidget Toy (Colors May Vary) for Yoga, Anxiety, Relaxation - Expanding Sphere from 5.6" to 12.5" for Kids & Adults



[KSMA Hourglass Sand Timer 3 Minutes](#)

This timer is great to use as a transition tool – “3 more minutes until we are going to put toys away...”



[KSMA Hourglass Sand Timer 5 Minutes](#)



[Push pop pop Bubble Sensory Fidget Toy, 2 Pack Squeeze Sensory Toy](#)



[Playlearn Sensory Ooze Tube Liquid Timers 3 Pack - 3 Colors 3 Speeds](#)



[LEARNING ADVANTAGE - Sensory Jumbo Ooze Tube - Large Liquid Timer](#) - Calming Toy for Focus & Concentration



[Big Mo's Toys Liquid Motion Spiral Timer Toy for Sensory](#) Play - Relaxing Bubble Fidget Toy, Calming Toy, Sensory Visual Relaxation



[hand2mind Sensory Fidget Tubes, Fidget Toys for Kids, Liquid Motion Bubbler \(Set of 4\)](#) *These are my personal favorite*



[Super Z Outlet Liquid Motion Bubbler for Sensory Play](#), Fidget Toy



[Dr. Meter EM100 Kids Protective Earmuffs with Noise Blocking](#) Children

Sensory & Art Materials



[CoolSand Natural 5 Pound Refill Pack](#) - Including: 5 Pounds Moldable Indoor Play Sand, Storage Bucket & Inflatable Sandbox



[Kinetic Sand The Original Moldable Sensory Play Sand](#), Green, 2 Pounds



[Buddha Board Mini Buddha Board](#), 5 x 5 x 1/2-Inch, Black Offered by Buddha Board Inc..



[Craft Rocks, 21 Extremely Smooth Stones for Rock Painting](#), Kindness Stones, Arts and Crafts, Decoration. 2"-3.5" Inches Each (About 6 Pounds) Hand Picked for Painting Rocks



[16pc Mini Magnetic Drawing Board](#), 4-Colors Travel Size Erasable Doodle Magna Board Toy

We bought this set for classroom use, but a single magna doodle would be perfect for home!

Social-Emotional Toys & Manipulatives



[Magnatab Free Draw](#)

This is great for quiet time, car rides, future restaurant visits, etc.



[hand2mind See My Feelings Mirror, Social Emotional Learning Mirror](#), Sensory Toys For Toddler/Child Learning



[Miniland Emotiblocks](#), From Ages 2–6 Years, 1-6 Players,



[Feelings Flashcards Game Emotion Cards for Learning Emotions](#) with Emotion Faces

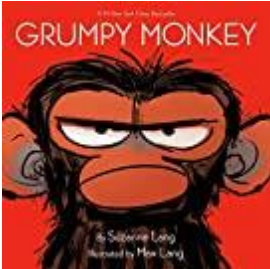


[Learning Resources All About Me Family Counters, Assorted Colors and Shapes](#), Set of 72, Ages 3+

Books that promote Social Emotional Learning & Mindfulness



Wise Before Five



Grumpy Monkey

by Suzanne Lang, Max Lang (Hardcover)



The Day the Crayons Quit

by Drew Daywalt, Oliver Jeffers (Hardcover)



What are feelings? (Lift-the-Flap First Questions & Answers)

by Katie Daynes (Board book)



All About Feelings

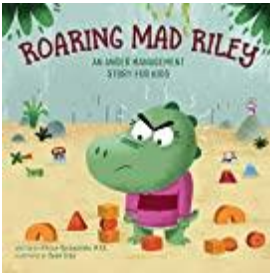
by Felicity Brooks (Hardcover)

THE RABBIT LISTENED



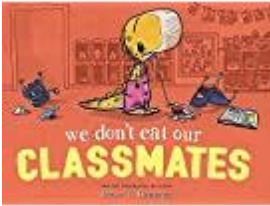
The Rabbit Listened

by Cori Doerrfeld (Hardcover)



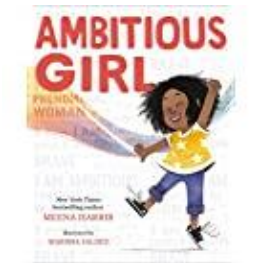
[Roaring Mad Riley: An Anger Management Story for Kids](#)

by Allison Szczecinski M.Ed., Dean Gray (Paperback)



[We Don't Eat Our Classmates](#)

by Ryan T. Higgins (Hardcover)



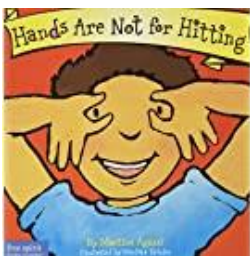
[Ambitious Girl](#)

by Meena Harris, Marissa Valdez (Hardcover)



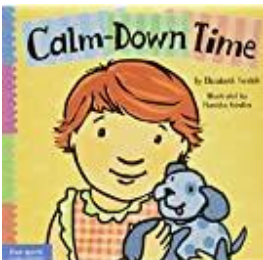
[ABCs of Kindness \(Highlights Books of Kindness\)](#)

by Samantha Berger, Ekaterina Trukhan (Hardcover)



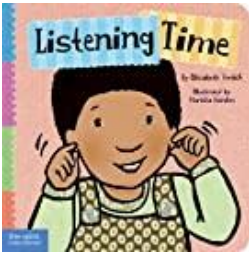
[Hands Are Not for Hitting \(Board Book\) \(Best Behavior Series\)](#)

by Martine Agassi Ph.D., Marieka Heinlen (Board book)



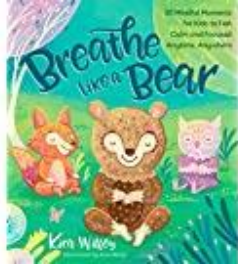
[Calm-Down Time \(Toddler Tools\)](#)

by Elizabeth Verdick, Marieka Heinlen (Board book)



[Listening Time \(Toddler Tools®\)](#)

by Elizabeth Verdick, Marieka Heinen (Board book)



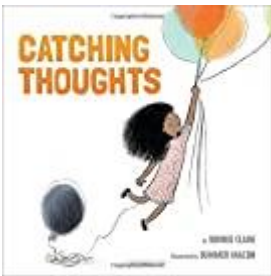
[Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere](#)

by Kira Willey, Anni Betts (Paperback)



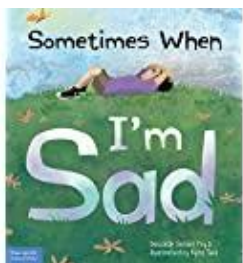
[The Boy with Big, Big Feelings](#)

by Britney Winn Lee, Jacob Souva (Hardcover)



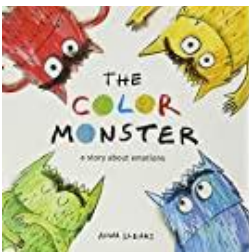
[Catching Thoughts](#)

by Bonnie Clark, Summer Macon (Hardcover)



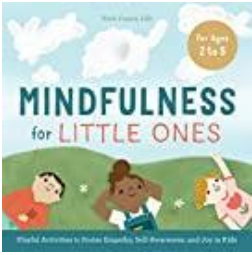
[Sometimes When I'm Sad](#)

by Dr. Deborah Serani Psy.D., Kyra Teis (Hardcover) *This book is about depression*



[The Color Monster: A Story About Emotions](#)

by Anna Llenas (Hardcover).



[Mindfulness for Little Ones: Playful Activities to Foster Empathy, Self-Awareness, and Joy in Kids](#)
by Hiedi France Ed.D (Paperback) | Offered by Amazon.com.



[The Monkey Mind Meditation Deck: 30 Fun Ways for Kids to Chill Out, Tune In, and Open Up](#)
by Carolyn Kanjuro, Alexander Vidal (Cards) |



[Mindful Kids: 50 Mindfulness Activities for Kindness , Focus and Calm](#)