

Resources for Supporting Social and Emotional Needs of Gifted Students

Resource	Link
10 Evidence Based Apps to Beat the Blues	http://www.smh.com.au/digital-life/smartphone-apps/ten-apps-to-help-beat-the-blues-20150608-ghhjor.html
Authentic Happiness	http://www.authentichappiness.sas.upenn.edu/
<i>Being Happy</i> by Andrew Matthews	http://www.amazon.com/Being-Happy-Andrew-Matthews/dp/0843128682
Bev Aisbett– very good books for students	http://www.bevaisbettartofanxiety.com/
Chill Out – Ze Frank	https://www.youtube.com/watch?v=XqWofBdhT2k
Example of a gratitude journal for children	http://www.awesomeendsin.me/product/kids-gratitude-journal-awesome-ends-in-me/
<i>Flourish</i> by Martin Seligman	http://books.simonandschuster.com/Flourish/Martin-E-P-Seligman/9781439190760
Happify: Science Based Happiness Games and Activities	http://my.happify.com/
Kids Line	http://www.kidslines.org.nz
<i>Living with Intensity</i> by Michael Piechowski	http://www.amazon.com/Living-With-Intensity-Understanding-Excitability/dp/0910707898
<i>Mellow Out They Say: If Only I Could</i> by Michael Piechowski	http://www.amazon.com/Mellow-They-Say-Only-Could/dp/097775300X
Mindfulness for Wellbeing and Peak Performance	https://www.futurelearn.com/courses/mindfulness-wellbeing-performance
Positive Psychology	http://www.positivepsychology.org/research/resilience-children
SENG	http://sengifted.org/
Youthline	https://www.youthline.co.nz/