

Resource list:

1. Simple Music Teaching SEL Blog Post:
 - <http://simplemusicteaching.com/2018/08/28/sel/>
 - <http://simplemusicteaching.com/2019/01/19/mindfulnessinthemusicroom/>
2. Find resources and research for SEL
 - <https://casel.org/>
 - <https://www.edutopia.org/>
 - <https://www.celebrateyou.com/>
3. Youtube Videos
 - [Narwhals and Waterfalls Youtube](#)
 - [Mindfulness Meditation Video](#)
4. Narwhals and Waterfalls information
 - <https://www.narwhalsandwaterfalls.com/info/>
5. Simple Music Teaching TPT Store:
 - <https://www.teacherspayteachers.com/Store/Simple-Music-Teaching>
6. Narwhals and Waterfalls TPT Store (SEL resources):
 - <https://www.teacherspayteachers.com/Store/Narwhals-And-Waterfalls>