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| **Elementary Social-Emotional Learning Support for Families** | | |
| **Activity Link** | **Description** | **Social-Emotional**  **Learning Competency** |
| [Go Noodle](https://www.gonoodle.com/) | Go Noodle is a website that engages kids in movement and mindfulness activities that are designed to promote physical wellness, academic success and social-emotional health. | Self-Management  Social Awareness |
| [Understanding Your Feelings](https://drive.google.com/file/d/1z8vQQBwF3aDKK5Xa8yOLwvw-hAXEJHC4/view?usp=sharing) | Feelings (emotions) are a part of human nature. They give us information about what we’re experiencing and help us know how to  react. In order to handle difficult or  challenging situations, it is important that both children and adults learn to recognize their emotions, understand that all people have emotions, and learn to manage their emotions. Understanding Feelings lists several activities that will allow practice skills for recognizing and managing emotions. | Self-Awareness  Self-Management |
| [Exploring Feelings Using Journals](https://www.pbs.org/video/adventures-learning-exploring-feelings/) | A PBS Video that demonstrates how to use  journals to explore feelings with children.  Talking to your kids about their feelings and  teaching them to journal is a great way to  connect with your children in a meaningful  way. This is a fun and easy idea for helping  your kids flex their Emotional Intelligence  muscles. | Self-Awareness  Self-Management |
| [Daily Journaling with Prompts](https://drive.google.com/file/d/191BtmLaJbeCGc7xHQenidQpALx-BGn6l/view?usp=sharing) | Daily writing in a relaxed format provides a  non-threatening way to be able to explore  different thoughts, ideas, topics and feelings  without being concerned about audience  presentation. Daily Journaling Prompts lists  ideas for prompts to help your child begin a  journal entry. | Self-Awareness  Self-Management |
| [Conversation Starters with Family](https://drive.google.com/file/d/1YRy1cUUfu4GouXeVHDL4TqbPfj5sedak/view?usp=sharing) | Family conversations are a great way to  make connections and check in with each  other. It allows family members to develop  perspectives, family culture, respect for each  other and problem-solving skills.  Conversation Starters for Families list  questions to help get you and your family  started on this activity. | Self-Awareness  Self-Management |
| [SEL Games with Your Children](https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children) | This site describes five social-emotional  learning games to play with your child to  help them learn to manage their emotions  and work on social skills. | Self-Awareness  Self-Management |
| [Simple Guide to Active Listening for Parents/Guardians](https://drive.google.com/file/d/1GNW3P6caxyElugWfeyX1Xz6TOLkOTEAL/view?usp=sharing) | Listening is a really important life skill for  parents. When your child feels listened to,  they will feel like you understand them. Here are the steps to listen actively to your  child. The link will tell you how. | Self-Awareness  Self-Management |
| SEL Games with Your Children  [Confident Parents Confident Kids](https://confidentparentsconfidentkids.org/) | This document has a few games and  activities to play with your children to help  promote self-awareness and social  awareness. It's important to engage with  your child during this stressful time. Play is a  great way to do that. You will check in with  their emotional states as well as build on  your relationship. | Self-Awareness  Self-Management |
| [Sanford Harmony Game Room App](http://www.district158.org/calm-room/sanford-harmony-game-room-app/) | This app includes conversation questions,  collaboration activities and team builders.  They can be used by families to engage  their children. Teachers can use them  virtually to keep students connected to each  other. | Relationship  Social Awareness |
| K – 2: [Hair Love](https://www.youtube.com/watch?v=eCgwAJ6SO1M)  3 – 5: [Crown: Ode to the Fresh Cut](https://www.youtube.com/watch?v=2YAIiNNBf6g&feature=youtu.be) | Read aloud w/discussion or writing prompt  In these books, the characters feel both  pride and confidence related to the way they  wear their hair. We all have qualities that we  are proud of and that make us feel special.  These qualities can be either internal or  external and can form our self-identity, which  is a part of our self-awareness.  After listening to the stories, students can  engage in a conversation or write in a  journal to describe their self-identity. These  questions can help guide their thinking.  • What about myself makes me feel  special?  • What do I like about the way I look?  • What do I like about the way I act or  behave?  • What are my strengths?  • What can I improve on? | Self-Awareness |
| K-2: [Salt in His Shoes](https://www.youtube.com/watch?v=1BFa2ELyMfo&feature=youtu.be)  3-5: [Sonia Sotomayor: A Judge](https://www.youtube.com/watch?v=X_zt5IYCRGs&feature=youtu.be)  [Grows in the Bronx](https://www.youtube.com/watch?v=X_zt5IYCRGs&feature=youtu.be) | Read aloud w/discussion or writing prompt  In these books, the characters set goals for  themselves and persist through challenges.  Work with your child to set a goal they can  accomplish during this time at home.  Discuss or write about the steps toward  meeting that goal. Check in periodically to monitor progress toward and to adjust the  goal. | Self-Awareness  Self-Management |
| K-2 [Be Kind](https://www.youtube.com/watch?v=kAo4-2UzgPo&feature=youtu.be)  3-5 [How Full is Your Bucket? For](https://www.youtube.com/watch?v=K3LOdVmAhLU&feature=youtu.be)  [Kids](https://www.youtube.com/watch?v=K3LOdVmAhLU&feature=youtu.be) | Read aloud w/discussion or writing prompt  In these books, the characters learn that  being kind (in words and actions) can help  others and yourself. Talk with your child  about random acts of kindness they can do  in our current situation. How can you fill  someone's bucket from home? | Self-Awareness  Relationship  Social Awareness |
| K-2 [Thank You, Omu!](https://www.youtube.com/watch?v=S628jnrp8JU&feature=youtu.be)  3-5 [Pies from Nowhere](https://www.youtube.com/watch?v=zzlSiCcFu14&feature=youtu.be) | Read aloud w/discussion or writing prompt  In these books, the characters show  kindness by sharing food. Talk with your  children about times they have shared with  others and times others have shared with  them. Have them name the feelings they felt  when someone shared with them. Help your  child write a letter or not to someone to  share a kind word or idea. Or, have your  child brainstorm things they can share even  if they don’t have money or can’t go out of  the house. A hug, a favorite toy, a kind  word. | Self-Awareness  Relationship  Social Awareness |
| K-2 [The Giving Tree](https://www.youtube.com/watch?v=HOVhV5a_3Sw&feature=youtu.be)  3-5 [The Giving Tree](https://www.youtube.com/watch?v=XFQZfeHq9wo&feature=youtu.be) | Read aloud w/discussion or writing prompt  In this story, the Giving Tree is very giving  and selfless. Have discussion with your  children or ask them to write about  what selfless and selfish mean. Ask them to  think about how they can be selfless with  family and friends or community. They can  also talk about what they have to share.  Older students can talk about what when  they can share too much and sacrifice self in  the process. | Social Awareness  Relationships |