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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-ManagementSocial 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 toreact. In order to handle difficult orchallenging 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-AwarenessSelf-Management |
| [Exploring Feelings Using Journals](https://www.pbs.org/video/adventures-learning-exploring-feelings/) | A PBS Video that demonstrates how to usejournals to explore feelings with children.Talking to your kids about their feelings andteaching them to journal is a great way toconnect with your children in a meaningfulway. This is a fun and easy idea for helpingyour kids flex their Emotional Intelligencemuscles. | Self-AwarenessSelf-Management |
| [Daily Journaling with Prompts](https://drive.google.com/file/d/191BtmLaJbeCGc7xHQenidQpALx-BGn6l/view?usp=sharing) | Daily writing in a relaxed format provides anon-threatening way to be able to exploredifferent thoughts, ideas, topics and feelingswithout being concerned about audiencepresentation. Daily Journaling Prompts listsideas for prompts to help your child begin ajournal entry. | Self-AwarenessSelf-Management |
| [Conversation Starters with Family](https://drive.google.com/file/d/1YRy1cUUfu4GouXeVHDL4TqbPfj5sedak/view?usp=sharing) | Family conversations are a great way tomake connections and check in with eachother. It allows family members to developperspectives, family culture, respect for eachother and problem-solving skills.Conversation Starters for Families listquestions to help get you and your familystarted on this activity. | Self-AwarenessSelf-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-emotionallearning games to play with your child tohelp them learn to manage their emotionsand work on social skills. | Self-AwarenessSelf-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 forparents. When your child feels listened to,they will feel like you understand them. Here are the steps to listen actively to yourchild. The link will tell you how. | Self-AwarenessSelf-Management |
| SEL Games with Your Children[Confident Parents Confident Kids](https://confidentparentsconfidentkids.org/) | This document has a few games andactivities to play with your children to helppromote self-awareness and socialawareness. It's important to engage withyour child during this stressful time. Play is agreat way to do that. You will check in withtheir emotional states as well as build onyour relationship. | Self-AwarenessSelf-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 engagetheir children. Teachers can use themvirtually to keep students connected to eachother. | RelationshipSocial 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 promptIn these books, the characters feel bothpride and confidence related to the way theywear their hair. We all have qualities that weare proud of and that make us feel special.These qualities can be either internal orexternal and can form our self-identity, whichis a part of our self-awareness.After listening to the stories, students canengage in a conversation or write in ajournal to describe their self-identity. Thesequestions can help guide their thinking.• What about myself makes me feelspecial?• What do I like about the way I look?• What do I like about the way I act orbehave?• 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 promptIn these books, the characters set goals forthemselves and persist through challenges.Work with your child to set a goal they canaccomplish during this time at home.Discuss or write about the steps towardmeeting that goal. Check in periodically to monitor progress toward and to adjust thegoal. | Self-AwarenessSelf-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 promptIn these books, the characters learn thatbeing kind (in words and actions) can helpothers and yourself. Talk with your childabout random acts of kindness they can doin our current situation. How can you fillsomeone's bucket from home? | Self-AwarenessRelationshipSocial 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 promptIn these books, the characters showkindness by sharing food. Talk with yourchildren about times they have shared withothers and times others have shared withthem. Have them name the feelings they feltwhen someone shared with them. Help yourchild write a letter or not to someone toshare a kind word or idea. Or, have yourchild brainstorm things they can share evenif they don’t have money or can’t go out ofthe house. A hug, a favorite toy, a kindword. | Self-AwarenessRelationshipSocial 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 promptIn this story, the Giving Tree is very givingand selfless. Have discussion with yourchildren or ask them to write aboutwhat selfless and selfish mean. Ask them tothink about how they can be selfless withfamily and friends or community. They canalso talk about what they have to share.Older students can talk about what whenthey can share too much and sacrifice self inthe process. | Social AwarenessRelationships |