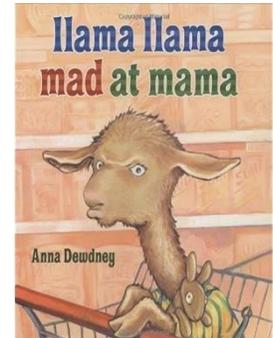


Social Emotional Learning Activities for Kinder, 1st and 2nd grades

April 2nd

1. Listen to the story: *Llama, Llama Mad at Mama*
<https://www.youtube.com/watch?v=oaXfk5QC5rE&t=90s>
2. Choose a couple questions to answer or an extension activity each day
3. Watch and practice a self-regulation skill from the video provided each day



Llama Llama had a big blow-up; it was not the best way to express his emotions.

- What were some signs that showed he was getting more frustrated?
- What could Llama Llama have done to keep from having a big melt-down/explosion? Act it out
- What are some strategies you could use to calm down when you are feeling more and more angry?
- What could Mama have done to keep from having a big melt-down/explosion? Act it out
- Talk with a family member about a time when one of you experienced a big blow-up. Act out what it could have looked like if you used a self-regulation strategy.

Mama helped Llama Llama see shopping as something fun they can do together.

- What's one thing you had to do last week that you did not want to do? How did that make you feel? Ask your parent the same question.
- Make a list of some things you have to do, but don't really like to do. Write or tell your family 1-2 ways you can make these things more fun the next time you have to do them.

It can be really stressful for parents to be working from home while trying to teach their children at the same time.

- Ask your parent/guardian what strategies they use to calm down when they are feeling more and more angry.

Extension activities that an adult and child can partner together on daily responsibilities

- 1) Have your child select a favorite meal/ snack for the family and then have them make it for everyone to enjoy. If needed work alongside them as the food is prepared, but allow them to make decisions on finishing touches prior to serving (which plate to use, etc.).
- 2) Select a family living space that needs to be cleaned and have your child review with you the supplies that will be needed (Vacuum, mop, Cleaner, rags), and the order in which these supplies will be used. Partner with them in cleaning the space, and end with a conversation on why this is important.
- 3) Create a shopping list with your child, including them in the inventory of items needed and writing out the list. This can be a longer list tied to a weekly meal plan for the family, or a shorter list of needed groceries for the day.

Here are some additional videos they share ways that might help when you have big feelings (self-regulation videos), try them out.

- “Breath and Relax” <https://www.youtube.com/watch?v=72tuXIAuYso>
- “Peace Out Guided Relaxation for Kids 1. Balloon”
<https://www.youtube.com/watch?v=ZBnPIqQFPKs>
- Rainbow Breath <https://www.youtube.com/watch?v=O29e4rRMrV4&t=39s>

Renton Families - We know it is a stressful time for everyone right now and that might mean your students (and even you!) are experiencing unexpected big feelings more frequently. There are many ways that we can respond to manage these big feelings. Some ways we suggest are: take deep breaths, count to 10, walk away, or go to a quiet/safe space. You and your student(s) can practice any of these, or work together to come up with some that work for you at your house! **It's important to practice these strategies when you're calm, so that way you know how to use them when you're upset.

Just for fun watch and dance along to this fun Llama Song

<https://www.youtube.com/watch?v=nUjB-ZxbRXKU>

