

Parent Activities

Families, we are continuing with the component of the Social Emotional Learning (SEL) standard of Social Awareness with the focus on Perspective.

According to Ellen Galinsky from Mind in the Making, “Perspective taking goes far beyond empathy; it involves figuring out what others think and feel and forms the basis for children’s understanding of their parents’, teachers’, and friends’ intentions. Children who can take others’ perspectives are also much less likely to get involved in conflicts.” Check out these proven ways to help your child build their perspective from the Mind in the Making to your right.

This week we will be doing an activity from Second Step on Perspective:

“What do kids really know about what adults think? And what do adults really know about what kids think? You and an adult family member are going to try putting yourselves in each other’s shoes. The saying “put yourself in their shoes” means to take that person’s perspective- to imagine what it’s like being them.”

Here is a one-minute video explaining perspective:

<https://youtu.be/gpiwHhvkMaw>

On the next page you’ll find the Second Step activity.

Promoting Perspective Taking with your Child



Everyday Routines

- Throughout the day, encourage children to talk about their thoughts and feelings and recognize how these differ from what others might think and feel—they are practicing perspective taking!



Playful Learning Activities

- When reading or storytelling, ask children open-ended questions about a character like, “How do you think she feels? Why do you think she feels this way?” so they can understand the character’s perspective.
- Encourage children to express thoughts and feelings through acting out stories, telling stories, making art or dancing.



Learning Strategies

- Support children in listening to others describe their thoughts and feelings about a shared experience.
- Help children learn to use words to express their own feelings and to use this strategy instead of acting out physically.
- Brainstorm ways to solve a conflict with another child, with the help of an adult

Parents, answer the questions on the left side of the page. When you're done, fold the page in half so your answers can't be seen. Next, have your child answer the questions on the right side of the page. Then open the page and compare your answers to see your child's perspective.

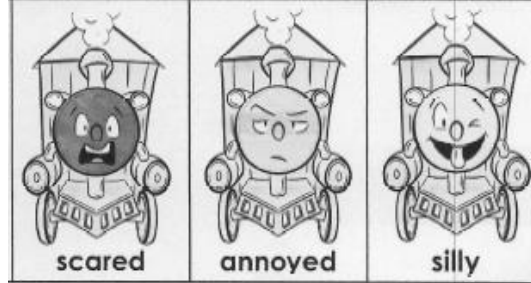
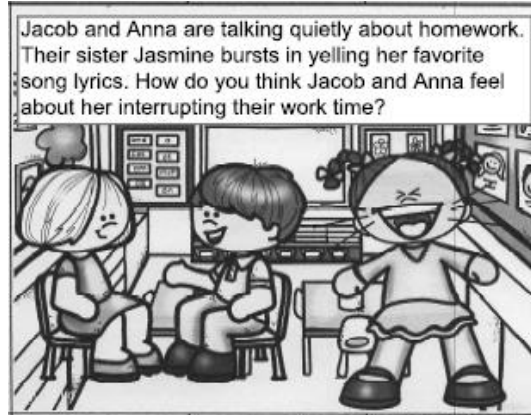
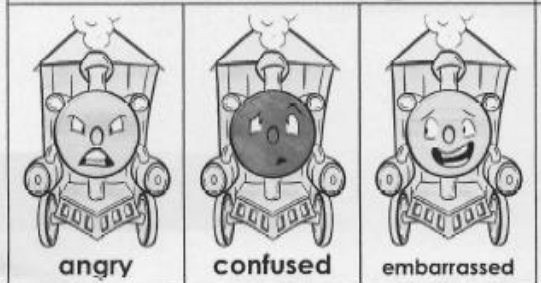
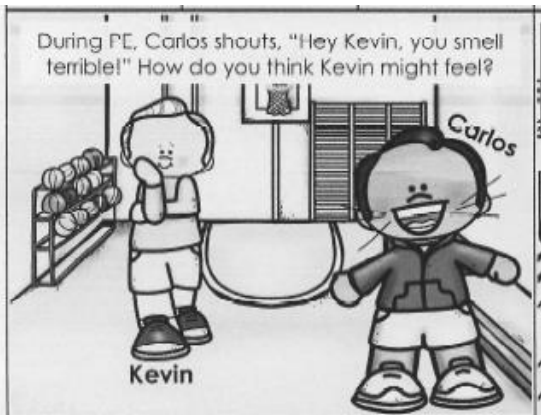
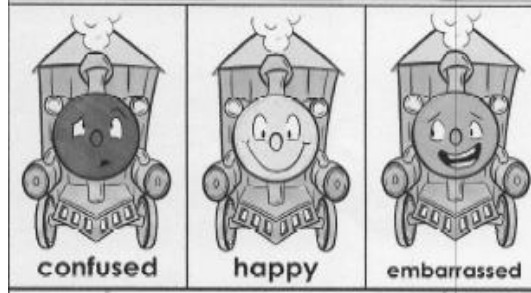
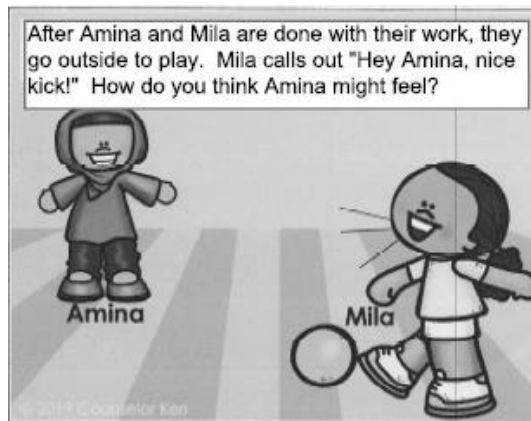
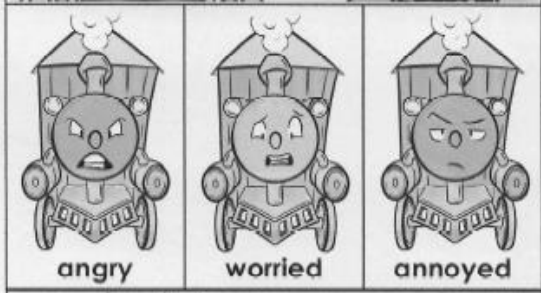
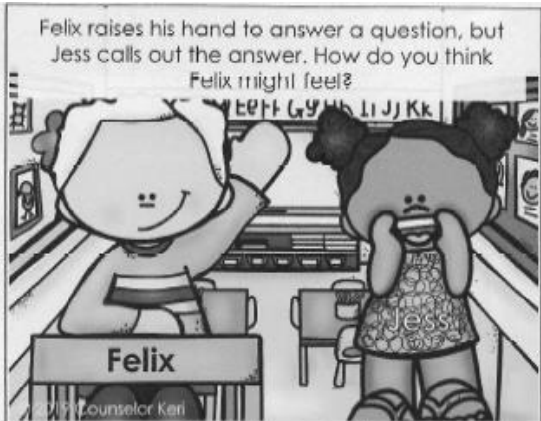
Parent's perspective	Kid's perspective
What time should kids do their on-line learning? Parent's perspective:	What time should kids do their on-line learning? Kid's perspective:
How many hours a day should kids watch tv? Parent's perspective:	How many hours a day should kids watch tv? Kid's perspective:
Kids should go to bed when they feel tired: Parent's perspective:	Kids should go to bed when they feel tired: Kid's perspective:
The best style of music to listen to is? Parent's perspective:	The best style of music to listen to is? Kid's perspective:
Kids worry about: Parent's perspective:	Kids worry about: Kid's perspective:

Primary Activities

This week we are covering Perspective Taking!

Watch this short read aloud: <https://youtu.be/qhmcB3O04PE>

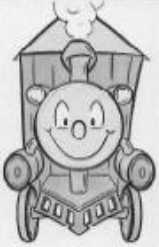
Now it's time to practice! Read through the next few scenarios and choose a feelings word, this will help you practice taking someone else's perspective!



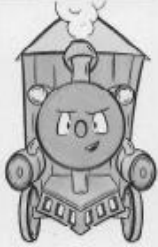
Sarah fell down on the playground and scraped her knee. Tisha helped her walk inside to get help. How do you think Sarah might feel?



© 2019 Counselor Keri



happy



brave

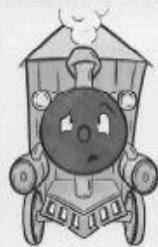


devastated

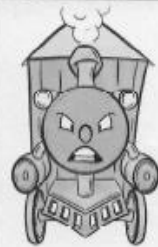


Ben

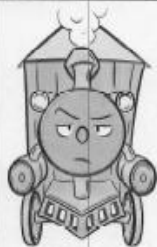
During lunch, the class is waiting in line. Ben runs to the front of the line. How do you think his classmates might feel?



confused



angry



annoyed

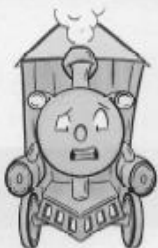
For the partner race in PE, no one asked Vanessa to be their partner. Julia called out, "I want Vanessa to be my partner." How do you think Vanessa might feel?



Vanessa

Julia

© 2019 Counselor Keri



worried

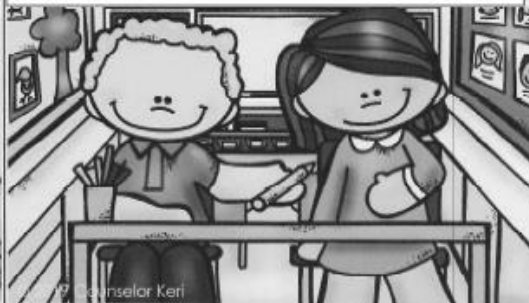


confused

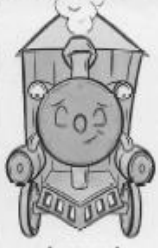


happy

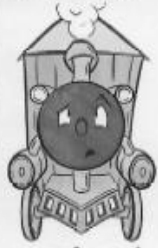
Kira needs a green crayon to finish her work, but hers broke. Her brother Harrison offers to share his. How do you think Kira might feel?



© 2019 Counselor Keri



loved



confused



excited

Intermediate Activities

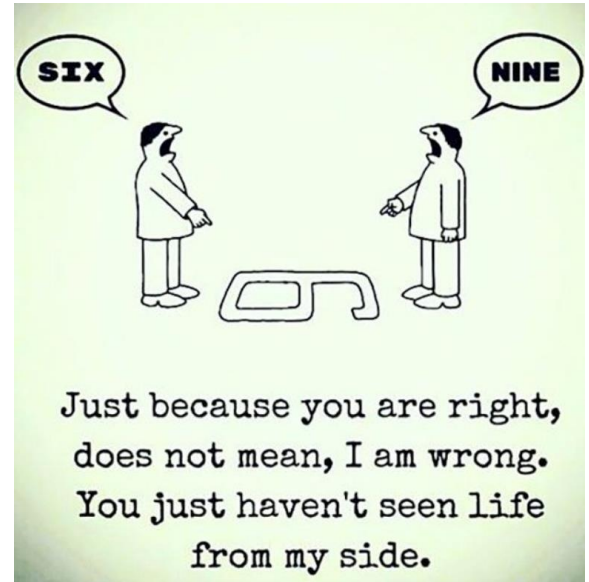
Dear Students,

Welcome back to another week of social-emotional learning!
This week we are talking about **perspective**.

To start thinking about perspective, look at this cartoon.

Perspective is how we see and experience the world. Our own perspective is as unique as we are. As this cartoon demonstrates, perspective is also about taking another point of view.

In other words, the same situation or topic can appear and feel different for every person involved. For example, imagine you are walking through a park with your friend when a big dog comes running up to you. You love dogs, so you're excited and happy! However, you notice your friend is backing away and looks scared. You both have the same experience of seeing a dog but feel differently about it.



Let's dig a little deeper into understanding perspective by [watching this video](#), then consider the following points:

- Perspective helps us understand other people's experiences and feelings.
- Our point of view about a situation or topic can change when we learn more.
- While we can have different perspective than others, we can still be kind.
- When we consider other's perspective, we increase our understanding, empathy towards others, and our ability to communicate.

So why do we need to think about perspective, anyway? Taking another person's perspective of a situation is helpful when problem solving or when you want someone to understand your point of view. When we have these conversations, it is very important we are careful with our words. Here are some sentence starters you can practice:

- "I'm trying to understand your point of view but am having a hard time. Can you tell me more about what you're thinking and feeling?"
- "Now I understand what you're saying and I didn't think of it that way before. Thanks for sharing your point of view. I will remember this next time."
- "I don't feel like you understand my perspective, and it makes me feel _____. I want you to know that _____."

Reflection Questions:

- Think of a time when someone listened to you and understood your point of view. How did it feel? How did it effect your relationship?
- Think of a time when someone did not understand your point of view. How did it feel? What do you wish happened instead? What would you say to them?
- If you're having a hard time getting along with someone in your family, think about taking their perspective. What can you learn? What can you help them understand about you?

One more thing, just for fun! Take a look at the photo below to see how your view can change when you try another perspective!



This picture is real and was not edited, the stone is real, the trees are real, the soil is real and the sky is real.

Now the only thing you have to do is to change your point of view, look at the picture upside down!