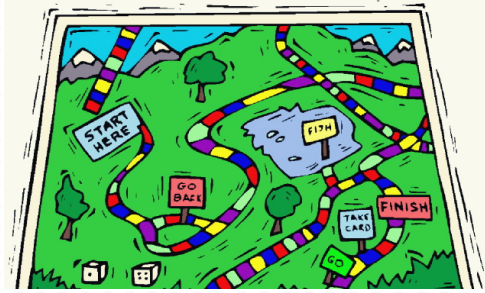


# HOME ACTIVITIES THAT BUILD *Social Emotional Skills*



Play board  
games & sports



Read books  
together



Go on a mindful  
walk outside



Perform random  
acts of kindness



Bake cookies or  
a meal together



Use conversation  
starters to share  
ideas



Create vision  
boards and set  
family goals



Practice coping  
skills like mindful  
breathing



 Davis School District

More ideas!

## What is Social and Emotional Learning?

Social and emotional learning— helps children understand their emotions, manage their behavior, and learn how to interact with others. There are five focus areas: Self-Awareness, Self-Management, Responsible Decision-Making, Social Awareness, and Relationship Skills. Each area focuses on skills that can help children do well in school, form healthy relationships, and develop into successful adults.