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SEL IN DIGITAL LIFE
GRADES K–2 FAMILY CONVERSATIONS PACKET

Social and emotional learning is most effective when all members of your school community are included. These conversation starters for families are aligned with the SEL in Digital Life classroom activities. Share these family conversation starters to help your students and their families talk meaningfully about their digital lives.

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GRADES K–2 FAMILY CONVERSATIONS

SELF-AWARENESS IN DIGITAL LIFE



Talk About How Your Child Feels When Using Technology

Your child is learning to pay attention to their feelings while using devices, such as tablets, phones, or computers. Use these questions to talk with them about the different ways technology makes them feel and what to do if they feel uncomfortable or frustrated.

Ask these three questions:

1. *I hear you talked in school about the kinds of feelings you might have when using technology. Do you ever feel sad or mad when you use your devices?*
2. *What are some things you do that make you happy when using technology?*
3. *Can you tell me about the **Pause, Think, and Ask** routine you learned in school?*
    - Listen for:
        - *Pause: When you have a feeling, stop and take a moment to notice it.*
        - *Think: Notice your feelings and think about what to do next.*
        - *Ask: Listen to all your feelings. If you're feeling uncomfortable or frustrated, get help from a grown-up.*

Text the word **kids** to the phone number **21555** to get free weekly tips on healthy media habits.

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*This is the accompanying family handout for the grades K–2 SEL activity: **My Feelings When Using Technology***

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GRADES K–2 FAMILY CONVERSATIONS

SELF-MANAGEMENT IN DIGITAL LIFE



Talk About How Your Child Manages Their Emotions During Transitions

Your child is learning how to transition from an online activity to an offline one. Use these questions to talk with them about how to regulate their emotions when it's time to put the device away.

Ask these three questions:

1. *I hear you learned a strategy at school for saying goodbye to the phone, tablet, or computer when it's time to stop. Can you tell me about it?*
    - Listen for:
        - *Pause!* *[hold hands out like you're backing up]*
        - *Breathe!* *[sweep hands up chest]*
        - *Finish up!* *[wave goodbye with both hands]*
2. *How do you feel when your time watching TV or using your tablet is over and you have to turn it off?*
3. *Why is it important to stop what you're doing and **pause** for people, even if you don't want to?*

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GRADES K–2 FAMILY CONVERSATIONS

RESPONSIBLE DECISION-MAKING IN DIGITAL LIFE



Talk About How Your Child Can Stay Safe When Using the Internet

Your child is learning how to stay safe when they go online. Use these questions to talk with them about how to make responsible decisions when they use the internet.

Ask these three questions:

1. *I hear you were talking in school about how we can use the internet to visit faraway places and learn new things. What are some rules our family has for staying safe when we visit new places?*
2. *How is visiting places on the internet like visiting places in person?*
3. *What are the three rules you learned for staying safe when you use the internet?*
    - Listen for:
        - *Always ask your grown-up first.*
        - *Only talk to people you know.*
        - *Stick to places that are for kids.*

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GRADES K–2 FAMILY CONVERSATIONS

RELATIONSHIP SKILLS IN DIGITAL LIFE

Talk About How Your Child Can Be Kind and Respectful Online

Your child is learning how to be kind and respectful to others online with guidance from the Digital Citizens characters. Use these questions to talk with them about what it means to be a responsible digital citizen.

Ask these three questions:

1. *I hear you met some fun characters called the Digital Citizens at school. Was there one you liked best? Why?*
    - Listen for:
        - *Arms: Use your arms when you're online to balance your time.*
        - *Guts: Listen to your gut to stay safe online.*
        - *Feet: Use your feet carefully when leaving tracks online.*
        - *Legs: Use your legs to stand up to bullies online.*
        - *Heart: Use your heart to be kind and respectful online.*
        - *Head: Use your head to ask questions about what you see online.*
2. *What are some ways you can be kind and respectful like Heart when you're online?*
3. *Why is it important to be kind online?*

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*This is the accompanying family handout for the grades K–2 SEL activity: **Use Your Heart When You're Online***

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GRADES K–2 FAMILY CONVERSATIONS

SOCIAL AWARENESS IN DIGITAL LIFE



Talk About How Your Child Can Respond to Online Meanness

Your child is learning that the internet is filled with all kinds of interesting people who can sometimes be mean to each other. Use these questions to talk with your child about how to respond to, and support others, who experience online meanness.

Ask these three questions:

1. *I hear you learned in school about a strategy for what to do if someone is being mean online. Can you tell me what S-T-O-P stands for?*
    - Listen for:
        - *S: Step away.*
        - *T: Tell a trusted adult.*
        - *O: OK sites only.*
        - *P: Pause and think.*
2. *Why do you think you should stop using your device and step away if someone is being mean?*
3. *If someone makes you feel angry, sad, or scared online, which grown-ups can you tell and ask for help?*

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