

SOCIAL AND EMOTIONAL LEARNING ACTIVITIES FOR FAMILIES OF ELEMENTARY STUDENTS

Activity Link	Description	Social-Emotional Learning Skill
Go Noodle	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-Management Social Awareness
Understanding Your Feelings Activities	Feelings (emotions) are a part of human nature. They give us information about what we're experiencing and help us know how to react. In order to handle difficult or challenging 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. <i>Understanding Feelings</i> lists several activities that will allow practice skills for recognizing and managing emotions.	Self-Awareness Self-Management
Exploring Feelings Using Journals: https://www.pbs.org/video/adventures-learning-exploring-feelings/	A PBS Video that demonstrates how to use journals to explore feelings with children. Talking to your kids about their feelings and teaching them to journal is a great way to connect with your children in a meaningful way. This is a fun and easy idea for helping your kids flex their Emotional Intelligence muscles.	Self-Awareness Self-Management
Daily Journaling Prompts	Daily writing in a relaxed format provides a non-threatening way to be able to explore different thoughts, ideas, topics and feelings without being concerned about audience presentation. <i>Daily Journaling Prompts</i> lists ideas for prompts to help your child begin a journal entry.	Self-Awareness Self-Management
Conversation Starters for Families	Family conversations are a great way to make connections and check in with each other. It allows family members to develop perspectives, family culture, respect for each other and problem-solving skills. <i>Conversation Starters for Families</i> list questions to help get you and your family started on this activity.	Self-Awareness Self-Management Responsible Decision-making
SEL Games to Play with Your Child	This site describes five social-emotional learning games to play with your child to help them learn to manage their emotions and work on social skills.	Self-Awareness Self-Management
Simple Guide to Active Listening for Parents/Guardians	Listening is a really important life skill for parents. When your child feels listened to, they will feel like you understand them.	Self-Awareness Self-Management

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	Here are the steps to listen actively to your child. The link will tell you how.	
SEL Games and Activities	This document has a few games and activities to play with your children to help promote self-awareness and social awareness. It's important to engage with your child during this stressful time. Play is a great way to do that. You will check in with their emotional states as well as build on your relationship.	Self-Awareness Self-Management
<i>Sanford Harmony Game Room App</i>	This app includes conversation questions, collaboration activities and team builders. They can be used by families to engage their children. Teachers can use them virtually to keep students connected to each other.	Relationship Social Awareness
K – 2: Hair Love 3 – 5: Crown: Ode to the Fresh Cut	<p>Read aloud w/discussion or writing prompt</p> <p>In these books, the characters feel both pride and confidence related to the way they wear their hair. We all have qualities that we are proud of and that make us feel special. These qualities can be either internal or external and can form our self-identity, which is a part of our self-awareness.</p> <p>After listening to the stories, students can engage in a conversation or write in a journal to describe their self-identity. These questions can help guide their thinking.</p> <ul style="list-style-type: none"> • What about myself makes me feel special? • What do I like about the way I look? • What do I like about the way I act or behave? • What are my strengths? • What can I improve on? 	Self-Awareness
K-2: Salt in His Shoes 3-5: Sonia Sotomayor: A Judge Grows in the Bronx	<p>Read aloud w/discussion or writing prompt</p> <p>In these books, the characters set goals for themselves and persist through challenges. Work with your child to set a goal they can accomplish during this time at home. Discuss or write about the steps toward meeting that goal. Check in periodically to</p>	Self-Awareness Self-Management

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	monitor progress toward and to adjust the goal.	
K-2 Be Kind 3-5 How Full is Your Bucket? For Kids	Read aloud w/discussion or writing prompt In these books, the characters learn that being kind (in words and actions) can help others and yourself. Talk with your child about random acts of kindness they can do in our current situation. How can you fill someone's bucket from home?	Self-Awareness Relationship Social Awareness
K-2 Thank You, Omu! 3-5 Pies From Nowhere	Read aloud w/discussion or writing prompt In these books, the characters show kindness by sharing food. Talk with your children about times they have shared with others and times others have shared with them. Have them name the feelings they felt when someone shared with them. Help your child write a letter or not to someone to share a kind word or idea. Or, have your child brainstorm things they can share even if they don't have money or can't go out of the house. A hug, a favorite toy, a kind word.	Self-Awareness Relationship Social Awareness
K-2 The Giving Tree 3-5 The Giving Tree	Read aloud w/discussion or writing prompt In this story, the Giving Tree is very giving and selfless. Have discussion with your children or ask them to write about what selfless and selfish mean. Ask them to think about how they can be selfless with family and friends or community. They can also talk about what they have to share. Older students can talk about what when they can share too much and sacrifice self in the process.	Social Awareness Relationships