

SOCIAL AND EMOTIONAL LEARNING ACTIVITIES FOR FAMILIES OF PRE-K 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
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
Sesame Street	<i>Sesame Street</i> is a nonprofit that works to educate children with great shows and other content full of endearing characters and proven educational value, enriching lives and creating possibilities with social impact work around the world, and building experiences that bring families of all shapes and sizes together. Parents can sign up for a free website account where your child has access to games, videos, and activities to promote academic and social skills.	Self-Awareness Social Awareness Responsible Decision Making
Sesame Street Social Skills on YouTube: Social Skills from Sesame Street	10 social skills videos for young children developed by Sesame Street Workshop can be on YouTube at the link that focuses on the following skills: self-regulation, calming techniques, handling anxiety, resisting temptation, keeping positive thoughts, sharing, and taking turns.	Self-Awareness Social Awareness Responsible Decision Making
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. Here are the steps to listen actively to your child. The link will tell you how.	Self-Awareness Self-Management
Role Play for SEL	Role play is a great way to promote SEL skills. Students are given the opportunity	Social awareness Relationships,

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	to practice skills in a safe space. The mimicking of role play allows parents to see how children are internalizing certain skills. Pay attention as your child plays and use your role in the play to clarify misunderstandings.	
All Are Welcome	<p>Read aloud w/discussion or writing prompt</p> <p>This story celebrates the diversity of our schools and our communities. Listen to the story with your child and engage in discussion. Conversation ideas:</p> <ul style="list-style-type: none"> -Who is someone in your community at school and what do you like about them? -Our family is a small community. How are the members of our family alike and/or different? What do you like about each member of our family? 	<p>Social Awareness Relationship</p>
The Feelings Song	<p>Read aloud w/discussion or writing prompt</p> <p>This song shares that we all have feelings at different times and its ok. After reading/listening to the song, ask your child how they are feeling today.</p> <ul style="list-style-type: none"> -You and your child could talk about why they feel the way they do. -You and your child could draw a picture that represents how you feel. <p>You and your child could note and discuss how characters in other books or television shows are feeling and how you know.</p>	<p>Self-Awareness Social awareness</p>
Be Brave Little Penguin	<p>Read aloud w/discussion or writing prompt</p> <p>Talk with your child about how they felt when they learned something new. Were they afraid? Did they continue to try? Did they eventually get it? (ex. Learning to walk, getting in a pool, sleeping in their own bed at night.) Talk with your child about how we all have feelings including being afraid. Talk about what you can do when you are afraid. You can keep trying, you can get help, you can talk to your parent or teacher. What other feelings to do you want to talk about?</p>	<p>Self-Awareness Self-Management</p>

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The Rainbow Fish	<p>Read aloud w/discussion or writing prompt</p> <p>This story is about sharing. Talk with your children about how it feels to share what you have. Notice that the fish did not give all of his beauty away. He shared and kept some for himself. That's important for children to understand.</p>	Social Awareness Relationships
The Giving Tree	<p>Read aloud w/discussion or writing prompt</p> <p>This story is in the same theme as last week with sharing. This one talks more about selfish vs selfless. Have discussion with your child about giving of self for others. You can relate it to how much the essential workers are sacrificing for the good of the community.</p>	Social Awareness Relationships