

SOCIAL AND EMOTIONAL LEARNING ACTIVITIES FOR FAMILIES OF ELEMENTARY SCHOOL 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

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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
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