

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.	Self-Awareness Self-Management

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	Here are the steps to listen actively to your child. The link will tell you how.	
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