

## Social-Emotional Learning

Ideas for supporting your child's social-emotional development at home

### Practice Mindfulness



Mindfulness is noticing our thoughts, feelings, breathing and anything that is around us and happening right now. It can help with children's self-regulation and cognitive function.

Area of Social-Emotional Development	Activity Name	Activity Description	What is your child learning?
Self- management Self- awareness	Tighten and Relax	This exercise relaxes the mind and body by progressively tightening and relaxing each set of muscles in your body. Begin at your feet, and gently tighten the muscles for five seconds before releasing. Then on to your legs, abdomen, arms and fists. Stop every so often to notice if you and your child are feeling calmer or breathing differently.	Your child is building skills that help regulate emotions and behaviors. When a child knows ways to calm themselves they can begin to self-regulate, stay focused and make good decisions.
Self- management Self- awareness	Breathing Buddy	Have your child lie down and place a stuffed animal on their tummy. Have your child focus attention on the rise and fall of the stuffed animal as they breathe in and out. Do this for a minute or two, then take some time to discuss the experience with your child. Ask, "what did you notice?", "How did you feel?"	Your child is building skills that help regulate emotions and behaviors. When a child knows ways to calm themselves they can begin to self-regulate, stay focused and make good decisions.

Self- management Self- awareness	Mindfulness Walk	Take a walk through your neighborhood and take time to notice things you haven't before. Set aside part of the walk to be completely silent and simply pay attention to all the sights and sounds around you. Once the silent time is up, ask your child to tell you what they noticed, what they heard or saw, and what they hadn't noticed before.	Your child is practicing attending and engaging with the natural world. Your child is also using observation skills that engage all five senses.
-------------------------------------	------------------	--	--

**Provide Opportunities for Children to Contribute**



Children build self-esteem and feel connected to their community when they have opportunities to contribute.

<b>Area of Social Emotional Development</b>	<b>Activity Name</b>	<b>Activity Description</b>	<b>What is my child learning?</b>
Self-awareness	Household Helper	Children can assist around the house in all sorts of ways: <ul style="list-style-type: none"> <li>• Putting toys away</li> <li>• Filling a pet's food dish</li> <li>• Putting clothes in the hamper</li> <li>• Sorting clothes</li> <li>• Wiping up spills</li> <li>• Piling books and magazines</li> <li>• Setting out napkins or silverware</li> <li>• Pulling weeds outside</li> </ul>	Your child is learning to take care of their own needs appropriately. As your child helps around the house, they will begin to understand their strengths and build a sense of confidence. Your child will also have opportunities to problem solve, practice math (counting out enough napkins, sorting clothes), fine motor skills (wiping spills) and more.

## Look for Ways to Connect



Connecting with others, especially during times of stress, can help children feel safe and can also strengthen their overall well-being.

Area of Social Emotional Development	Activity Name	Activity Description	What is my child learning?
Relationship skills	Video Call	Schedule a video call with a friend or family member. Think of one question that everyone on the video call can answer.	Your child will have the opportunity to establish and sustain relationships with others. They will also practice using language to express thoughts, feelings, and needs.
Social awareness	Sign Making	Make encouraging signs with your child and post them in your front windows.	Your child will have the opportunity to consider the perspectives of others while also practicing writing and fine motor skills.
Relationship skills	Video and Photo Share	Ask your child's caregiver or teacher to share a video or picture to stay connected. Share one of your child as well.	Your child will have the opportunity to establish and sustain relationships with others.