

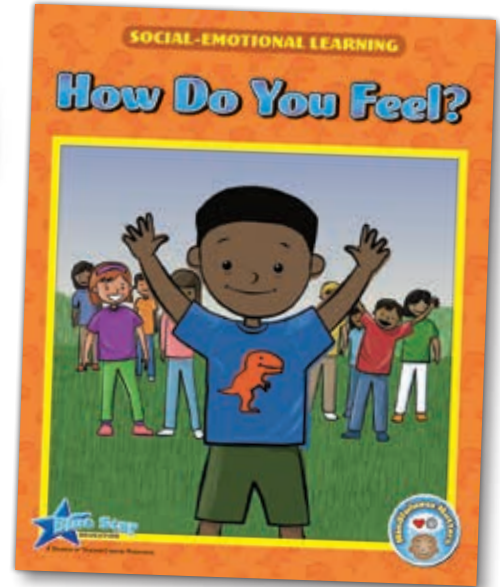
**MINDFULNESS MATTERS:
SOCIAL-EMOTIONAL LEARNING
SAMPLE
PAGES**



WHAT'S INCLUDED?: READER & MOOD METER

Nonfiction

This book begins with informational text that introduces the social-emotional learning topics and skills featured in the accompanying fictional story.



Let's Talk About Feelings

We all have feelings.



calm



excited



frustrated



happy

Our faces can show these feelings.



mad



nervous



sad



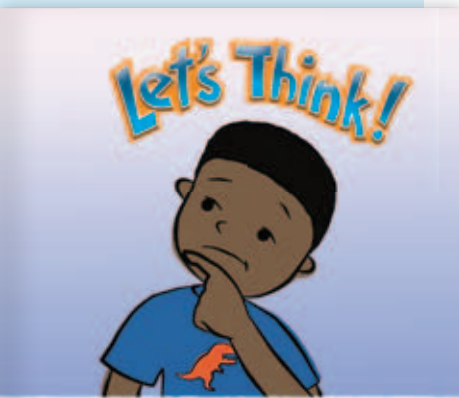
shy

Fiction

This book includes a fictional story focused on the social-emotional learning theme of recognizing feelings.

Let's Think!

This book concludes with a thoughtful discussion question that encourages reflection, promotes critical thinking, and sparks conversation.



Think about your feelings. How do you feel today?

23



How do you feel?

14



I feel **excited!**

15

Mood Meter

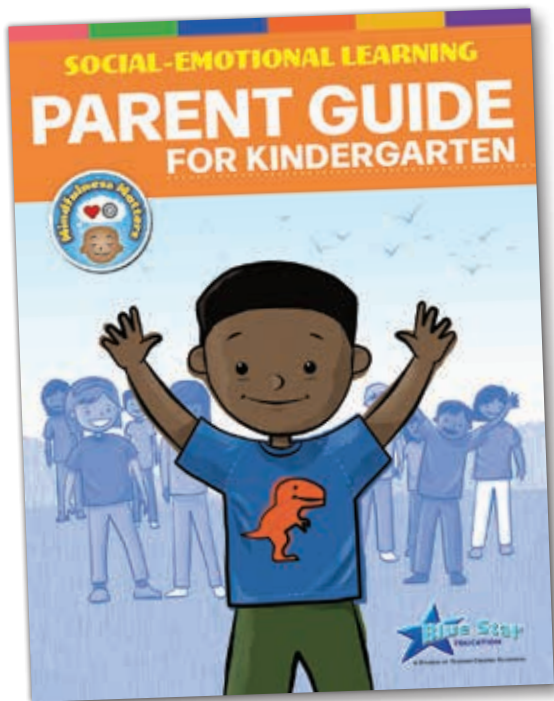
This tool simplifies regular social-emotional check-ins while giving students an opportunity to identify and understand their feelings. The write-on/wipe-off surface makes it a convenient tool for everyday use. The reverse side of the mood meter has a calming activity to promote emotional well-being.



Front



Back



Self-Awareness

What Is Self-Awareness? ♥ Self-awareness is the first step in growing one's emotional intelligence, making this the perfect place to begin. At a young age, children begin to experience a wide variety of emotions. The key to self-awareness is understanding these emotions and how they influence one's behavior. (Easier said than done!)

Another aspect of self-awareness is recognizing one's own strengths and limitations. If your child can acknowledge their strengths, they will feel a sense of identity, value, and confidence. In addition, children who are self-aware know how to set goals and work toward personal growth.

My Many Faces

Draw or print out a blank face template. (Laminate it or place it in a clear sheet protector if you want it to last longer.) Then, give your child craft dough. Ask them to use the dough to show how their face would look if they were mad, sad, happy, etc.



Helpful Hint

If you don't have craft dough at home, make your own. There are a variety of recipes online using ingredients you most likely have in your kitchen cabinet. Added bonus: Playing with dough is a great calming strategy to soothe a frustrated or stressed child.

Emotional Charades

Play a game of charades, but instead of guessing words, you and your child will be guessing emotions. Draw a variety of emotions on...

Would You Rather?

This simple game is fun to play and is a great way to learn and each other. Ask *Would You Rather...* your child and have them answer. Then, it's your turn to ask a question. Here are some sample questions:

- Would you rather be a doctor or a teacher?
- Would you rather only be able to sing or whisper?
- Would you rather be 5 years old or 15 years old?
- Would you rather be super smart or super strong?
- Would you rather be happy on a rainy day or sad on a sunny day?
- Would you rather eat french fries or ice cream?
- Would you rather have to run everywhere or have to walk everywhere?
- Would you rather have one best friend or a big group of friends?

Social Awareness (cont.)

Table of Contents:

Each parent guide includes useful tools, meaningful advice, and engaging activities to help parents construct opportunities for social-emotional learning in the moments that make up everyday life. Topics covered include:

- What Is SEL?
- Communication
- Reading
- Recommendations
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making
- Tips & Tricks



Build a Generous Spirit

As adults, it can be easy for us to show generosity—we can treat a friend to a coffee or surprise a coworker with a morning donut. But kids have opportunities to be generous, too. Find an organization in need of donations (Goodwill, Buy Nothing online groups, churches, schools, or shelters). Tell your child that they can build a generous spirit by choosing items to donate. Have them sort through their toys, shoes, and clothing, and choose a few items to part with.

Awesome Advice

Studies show that having too many toys can stress and overwhelm children. If you feel this may be the case in your home, consider asking your child to sort through their toy bins to fill a donation box.

Paper Kindness Chain

Build a kindness chain with your child. Have them cut strips of construction paper in their favorite colors. While they are busy cutting, ask them to tell you a few acts of kindness they have done that week. Write each one on a paper strip. Show your child how to glue the first strip into a circle. Then, they can glue each additional strip forming links in the chain. Hang the chain up so they can see it. Encourage your child to think of new acts that they could do so that they can add new colorful links to their paper kindness chain.



Kindness chain ideas:

- Shared with others
- Made someone smile
- Made someone laugh
- Drew a picture for someone
- Picked up trash
- Made a new friend
- Helped with chores
- Gave a friend a compliment
- Helped make dinner
- Gave a friend a high five or fist bump



WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL

