

**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 Feeling in Control



We all have feelings. We can feel **happy** or **sad**. We can feel **scared** or **angry**. We can even feel lots of things at once!

Some feelings can feel too big to handle! Try listening to music or singing a song to feel in **control**.



Ask your friends how they control their big feelings.

Fiction

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

Let's Think!

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

Let's Think!



Think about a time you had to handle your feelings. What did you do? Talk about it.



"But it is my turn to pick a game. You need to take turns," says Rex.

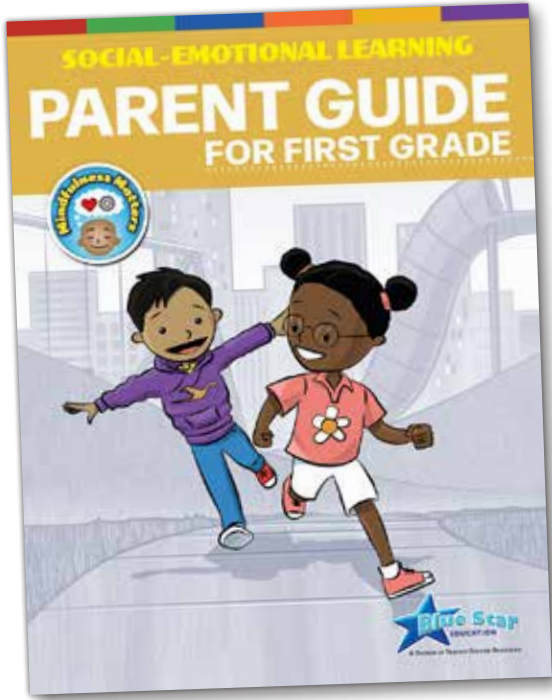


Bea crosses her arms. She stomps her feet. She feels **frustrated**.

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.





Self-Awareness (cont.)

Thankful Talk

Often times, we get stuck trying to think of specific things we are thankful for—especially when we're having a bad day! To remedy this problem, fill a jar full of gratitude conversation starters written on small slips of paper. When you sit down to dinner with your child, have them pull out one of the slips. Read it out loud to get the thankful conversation flowing.

Here are some ideas:

- Name something you love about a family member.
- What is one kind thing you did today?
- What is your favorite part of our home?
- What is one new thing you learned today?
- What is the most delicious thing you have eaten today?
- What made you laugh today?
- What is your favorite thing to do with your family?
- What cheers you up when you are feeling sad?



Gratitude Stones

Give your child a small stone and some paint or a paint pen. They can decorate their stone with a simple heart, the letter G for gratitude, or any positive symbol or message. Have them keep their stone somewhere they can see it (next to their bed or even in their pocket). Encourage your child to hold the stone for 10 seconds and think of one thing they are thankful for. Ask them if it made their heart happy thinking about that one thing. Extend this activity by having your child make gratitude stones for their friends and family. Another option is to make gratitude stones to display throughout your neighborhood.

Yoga Poses for Self-Confidence

Practice the following yoga poses with your child.

Practice as they hold each pose.

Star Pose

Have your child step their feet wide and stretch their arms out to the side. Have them repeat, "I am confident," as they hold the pose.



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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 Recommendations
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making
- Tips & Tricks

Relationship Skills

What Are Relationship Skills? ♥ Once your child understands both self and social awareness, they can begin to see how these two concepts interact when they start to form relationships with others. Establishing healthy relationships is a fundamental part of emotional intelligence. Children who learn how to maintain positive relationships at a young age are better equipped to manage conflict and cooperate well with others as adults. They also become aware of how their behaviors affect those around them, and they learn to see which traits they value when choosing their own friends. Relationship skills include active listening, clear communication, cooperation, problem-solving, and standing up for others.



Selective Sharing

If your child struggles with sharing toys with siblings or friends, don't try to force it. Instead, offer them choices. Allow your child the independence to hide away a few precious possessions before a play date. But remind them that all the other toys will be available for their friends or siblings to play with. Pause during a playdate to show your child how happy their friends are when they are offered toys to share.

Look into My Eyes

Maintaining eye contact is a social skill that doesn't always come naturally to children. But this is a skill that you can model and practice together. Start a silly staring contest, or play a special eye-signal game. Have certain eye movements (looking up, down, left, right, or blinking) correspond to different body movements. (For example, if you blink, they must hop forward, and if you look down, they must step backward.) Take turns leading each other with just your eyes.

Important Note

Not all children are capable of making or sustaining eye contact because of a variety of reasons, including physical disabilities, social anxiety, autism, and auditory-processing disorders. Understand your child's abilities and progress from there. A tip that helps some children is to ask them to look at your eyebrows or nose instead of directly into your eyes to ease their discomfort.

Remember!

We spend so much time looking at screens that even adults forget the importance of eye contact. If your child asks you a question, make it a habit to look them in the eyes when you answer.

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WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL


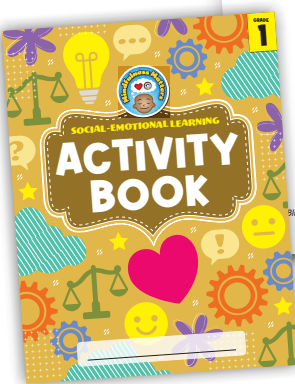

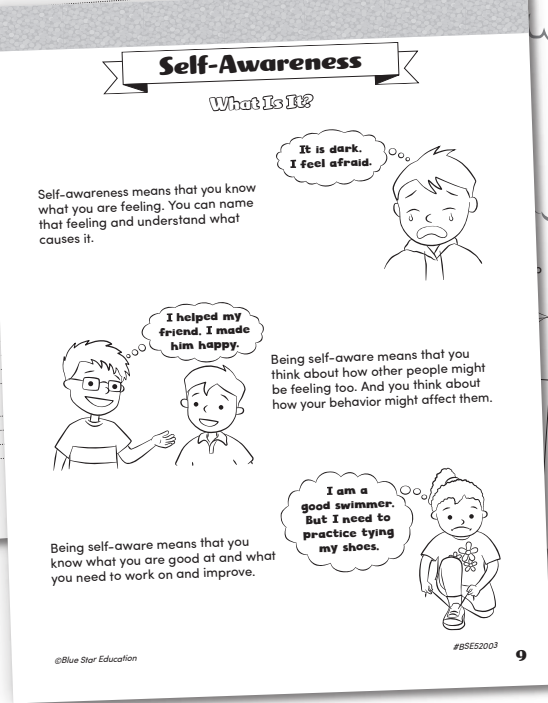
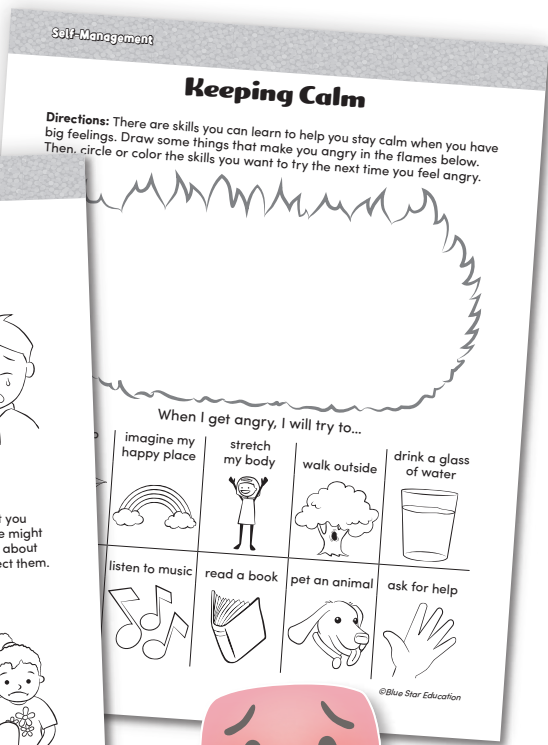








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Self-Awareness
What Is It?

Self-awareness means that you know what you are feeling. You can name that feeling and understand what causes it.

It is dark. I feel afraid.

I helped my friend. I made him happy.

Being self-aware means that you think about how other people might be feeling too. And you think about how your behavior might affect them.

I am a good swimmer. But I need to practice tying my shoes.

Being self-aware means that you know what you are good at and what you need to work on and improve.

Keeping Calm

Directions: There are skills you can learn to help you stay calm when you have big feelings. Draw some things that make you angry in the flames below. Then, circle or color the skills you want to try the next time you feel angry.

When I get angry, I will try to...

imagine my happy place 	stretch my body 	walk outside 	drink a glass of water
listen to music 	read a book 	pet an animal 	ask for help


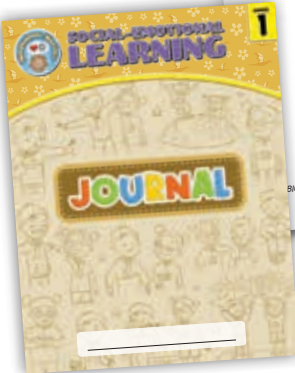
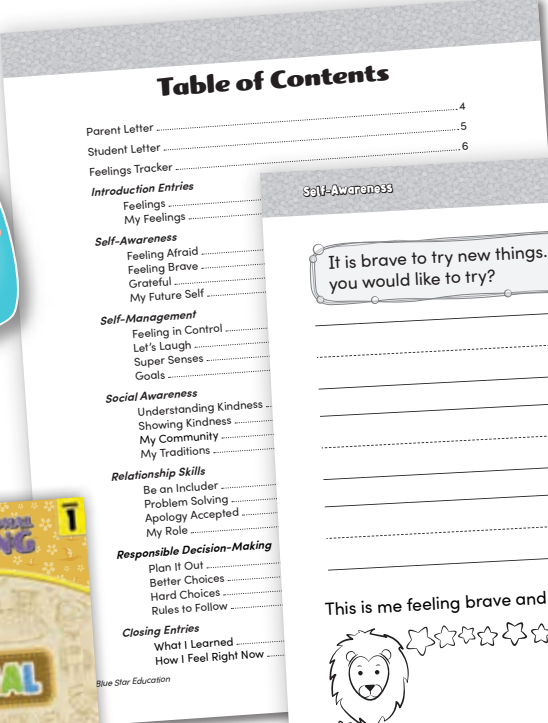










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Self-Awareness

It is brave to try new things. What is one new thing you would like to try?

This is me feeling brave and trying something new!

Social Awareness

What is one way you can help out in your neighborhood?

Help me helping in my neighborhood.