



Blue Star Education

A DIVISION OF TEACHER CREATED RESOURCES

**MINDFULNESS MATTERS:
SOCIAL-EMOTIONAL LEARNING**

**SAMPLE
PAGES**



WHAT'S INCLUDED?: READER & MOOD METER

Nonfiction

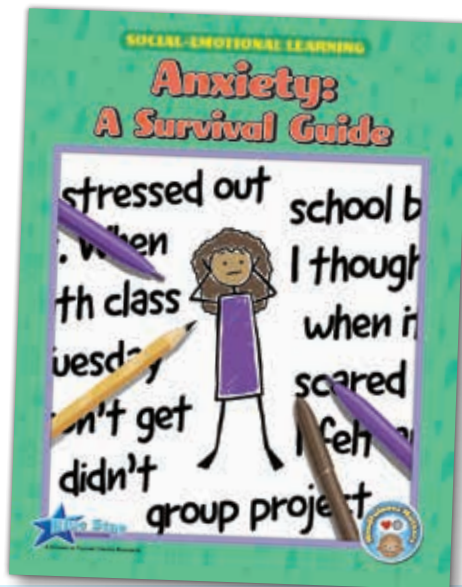
This book begins with informational text that introduces the social-emotional learning topics and skills featured in the accompanying fictional story.

Let's Talk About Anxiety



Do you ever feel butterflies in your stomach when you have to speak in public, or maybe your hands get sweaty and your heart pounds before a big test? **Stress** is the cause of these physical changes in your body. Fear, worry, embarrassment, and dread are emotions that may trigger this feeling. When the stress starts to build or reoccurs often, it becomes **anxiety**. Rest assured that everyone feels anxiety from time to time. It's simply part of being human!

People feel anxious in response to different things. Some people have a fear of being embarrassed or of being judged by others. So, social events trigger their anxiety. Other people feel anxious around spiders, snakes, or dogs. Some people feel anxious when playing a sport. Others feel anxious before taking a test. Watching a scary movie can cause anxiety, even when you know the movie isn't real!



Fiction

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

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 felt anxious about something. Did you use any mindfulness strategies to ease your anxiety? Write or talk about your experience.

MINDFUL MONDAY

Today was my first day at Ruby Bridges Middle School, and I did not sleep well last night. **UGH!** I tossed and turned all night through a ridiculously stressful dream. I had my class schedule, but I couldn't find a single class in the massive maze of buildings of the new school. I panicked and tried to move faster through the hallways, but it felt as if my legs were trudging through quicksand. **Arrrrrr!** My alarm buzzed, loudly saving me from my totally traumatic dream. I was **shook!**



My family was in a mad rush this morning, and it felt like my dad practically YEETED me out the front gate of our apartment complex.

By the time the bus pulled up to the school, my heart was pounding, my palms were sweaty, and I felt **EXTREMELY** nervous.



Off I went to join the swarms of students flooding the school gate. When I walked into the door of my first class, I was breathless and clammy and surrounded by a sea of unfamiliar faces. I found a desk with my name tag on it.



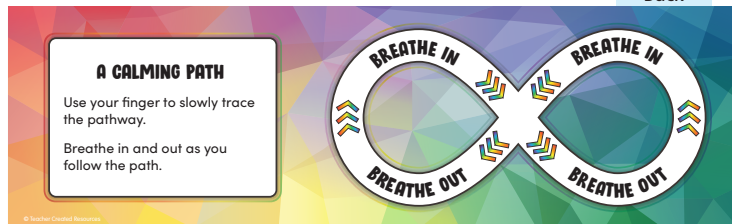
Mood Meter

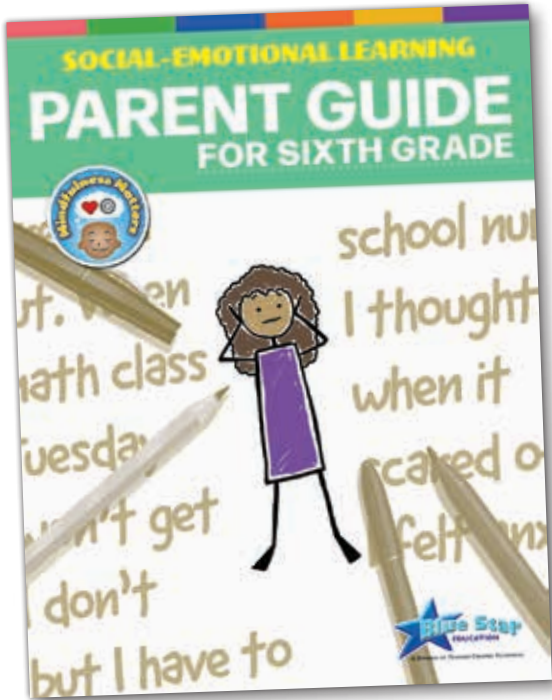
This tool simplifies regular social-emotional check-ins while giving students an opportunity to identify and understand their feelings. The write-on/wipe-off surface makes it a convenient tool for everyday use. The reverse side of the mood meter has a calming activity to promote emotional well-being.

Front



Back





Self-Management

What Is Self-Management? Once children have an understanding of self-awareness, the next step is self-management. This means that they can identify, regulate, and manage their emotions in different situations. When children learn self-management strategies (such as learning to breathe, being mindful, and pausing and calming down when upset), they understand how to express their emotions in healthy ways, instead of lashing out impulsively. Children who learn self-control can recover more easily from emotional situations, delay gratification, and follow the rules. Setting and accomplishing goals is also linked to self-management.

Tear It Up!

If you notice your child is having a particularly stressful day, hand them a piece of paper. Have them write down every single thing that is stressing them out, bothering them, or causing them to feel frustrated or upset. This will help them identify their emotions and perhaps figure out the cause of their stress. Once they have gotten all their issues out on paper, have them tear it up! Challenge them to tear it into the smallest pieces possible. Then, have them gather all the pieces, take a deep breath, and throw them away! Ask them how they feel after finishing the activity. Were they able to identify the cause of their stress?



Remember!

All feelings are important, even if the feeling is not ideal or desirable at the given moment. If your child is getting mad or frustrated (or is just in a preteen grumpy mood), recognize their feelings first before trying to change them. Children need validation. Asking your child to stop getting upset or that they shouldn't be mad over a silly thing assures them that it's okay to feel mad in the moment. Then, offer to help them find a way to soothe their feelings.

Some Advice

That ripping paper happens to be a great way to release tension and stress. The next time you're ready to throw your junk mail in the trash, pause for a moment and start tearing! How do you feel?

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

Social Awareness

What Is Social Awareness?

Children who are socially aware are able to demonstrate respect and empathy for others, including those from different backgrounds and cultures. Teaching children to think about what it would be like to walk in someone else's shoes is a key component in being able to feel empathy. Social-awareness activities are designed to get children thinking about others, feeling compassion, showing kindness, and contributing to the greater good of society.



Stand Up for Human Rights

Spend some time this summer exploring some trailblazers from history who fought for universal rights, inclusion, and acceptance. Sometimes, children have a hard time believing that women couldn't vote in the United States until 1920 or that their grandparents (or great-grandparents) were alive during the Civil Rights Movement. Have your child choose a famous activist that they would like to learn more about. Then head to the library together and check out some books. Consider reading them together and discussing how one person can really make a big difference! What did they learn about the importance of standing up for what is right? How can they relate those actions to their own lives? Here are some ideas if your child is unsure of who to choose:

- Cesar Chavez
- Dorothy Height
- Harriet Tubman
- Malala Yousafzai
- Martin Luther King, Jr.
- Sojourner Truth

Tech Tip

If you don't want to head to the library, have your child research famous trailblazers online instead. Websites like Britannica Kids or The Library of Congress are great to check out!



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WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL


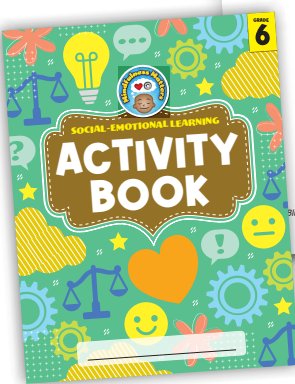
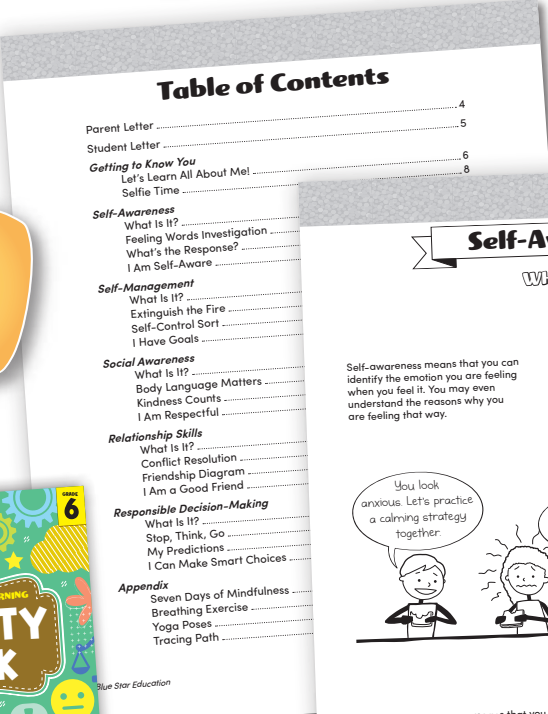
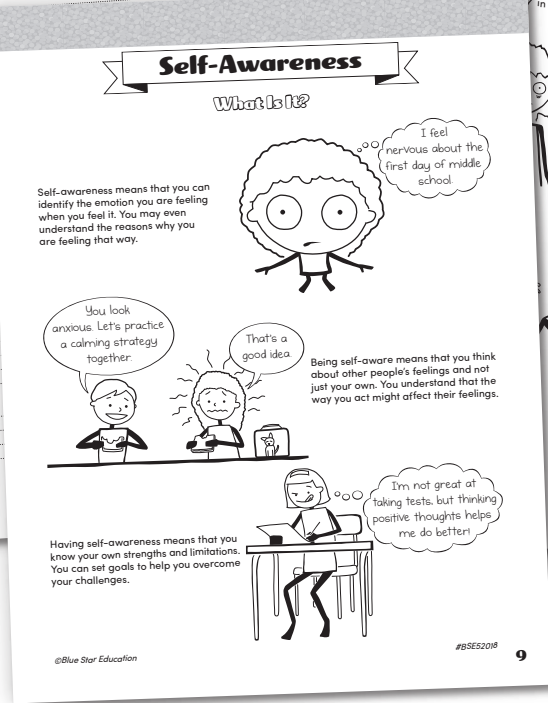
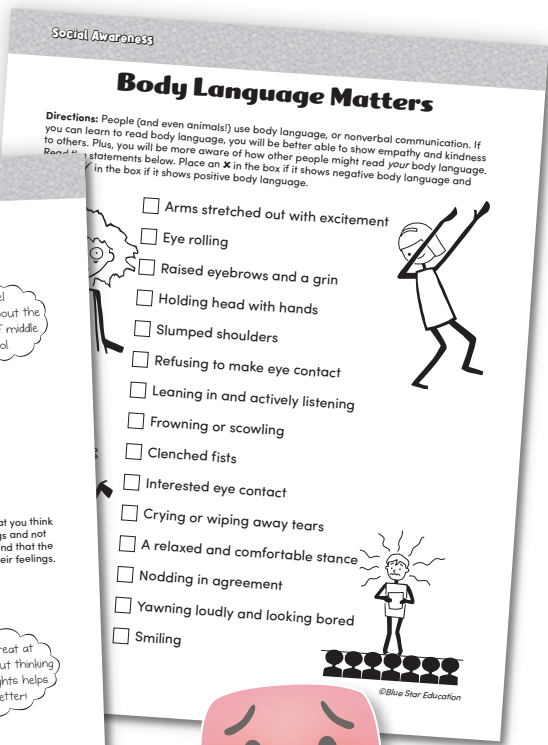








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Self-Awareness

What Is It?

Self-awareness means that you can identify the emotion you are feeling when you feel it. You may even understand the reasons why you are feeling that way.

You look anxious. Let's practice a calming strategy together.

That's a good idea.

Being self-aware means that you think about other people's feelings and not just your own. You understand that the way you act might affect their feelings.

I'm not great at taking tests, but thinking positive thoughts helps me do better!

Having self-awareness means that you know your own strengths and limitations. You can set goals to help you overcome your challenges.

Body Language Matters

Directions: People (and even animals!) use body language, or nonverbal communication, if you can learn to read body language, you will be better able to show empathy and kindness to others. Plus, you will be more aware of how other people might read your body language. Read the statements below. Place an **X** in the box if it shows negative body language and in the box if it shows positive body language.

- Arms stretched out with excitement
- Eye rolling
- Raised eyebrows and a grin
- Holding head with hands
- Slumped shoulders
- Refusing to make eye contact
- Leaning in and actively listening
- Frowning or scowling
- Clenched fists
- Interested eye contact
- Crying or wiping away tears
- A relaxed and comfortable stance
- Nodding in agreement
- Yawning loudly and looking bored
- Smiling



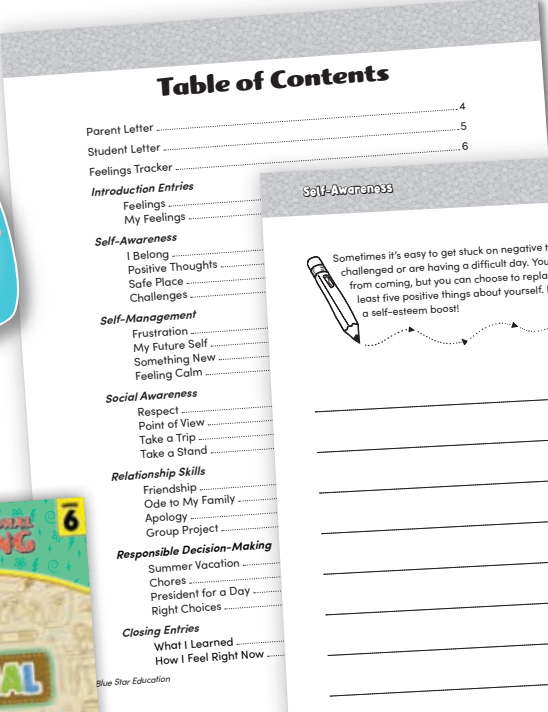
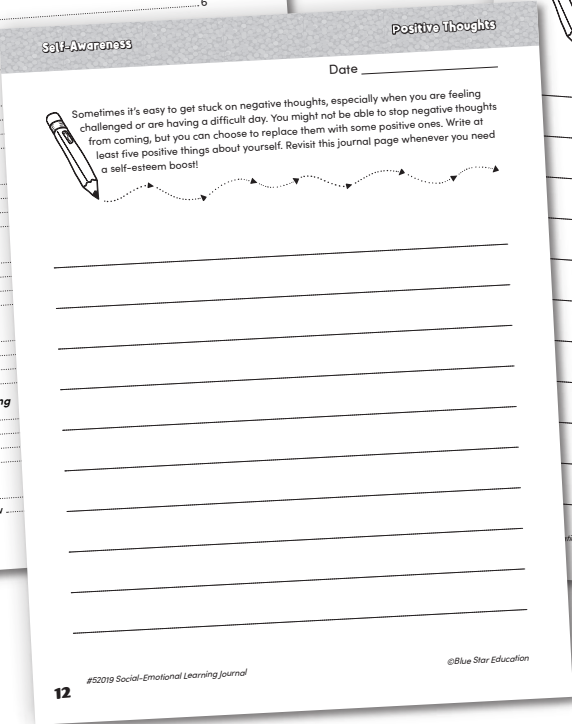
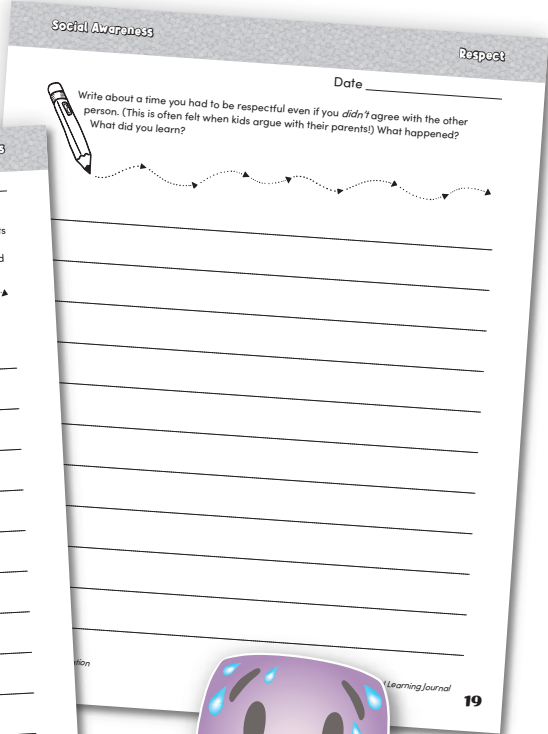








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Self-Awareness

Positive Thoughts

Date _____

Sometimes it's easy to get stuck on negative thoughts, especially when you are feeling challenged or are having a difficult day. You might not be able to stop negative thoughts from coming, but you can choose to replace them with some positive ones. Write at least five positive things about yourself. Revisit this journal page whenever you need a self-esteem boost!

Respect

Date _____

Write about a time you had to be respectful even if you didn't agree with the other person. (This is often felt when kids argue with their parents!) What happened? What did you learn?