

## Social and Emotional Learning (SEL) Opportunities at Home!

We know that this is a stressful time for families, the following links are to help you know how to talk to your kid about the corona virus.

- PDF Created with Questions & Answers Kids Might Have and What to Do when Worried:
  - [Talking to Kids about the Corona Virus \(Click Here\)](#)
- Link to a Book which Explains “The Yucky Bug”
  - <https://www.youtube.com/watch?v=ZD9KNhmOCV4&feature=youtu.be>

### **Mindfulness:**

At Spruce, all students are taught about Mindfulness which is a mental state achieved by focusing on the present moment, while calmly acknowledging and accepting one's feelings and thoughts. Mindfulness helps kids learn how to regulate emotions, and can help with focus and attention. This can be a technique to also help calm worries students are having.

#### Words to Use:

- Mindful Bodies
- Anchor Breathing

#### Resources for Home:

- Smiling Minds, Free App for Guided Mindfulness
- YouTube Mindfulness for Kids:
  - [https://www.youtube.com/results?search\\_query=mindfulness+for+kids](https://www.youtube.com/results?search_query=mindfulness+for+kids)
- [www.gonoodle.com](http://www.gonoodle.com)
  - Create an account for this free resource
- <https://www.commonsense.org/education/app/mindful-powers>

## **Social Skills:**

School is an amazing place for students to get social interaction and practice skills that typically come to adults naturally. Turn taking, sharing, complimenting, cooperation and good sportsmanship is important to continue to instill in students at home!

### Way to Practice this at Home:

- Game Play- Any board games you have can be used to practice any of these skills.
- Online Teamwork Games to Have Your Children Practice Working Together!
  - <https://pbskids.org/games/teamwork/>

## **Additional Resources:**

Below are sites with printable work sheets about various topics! From Emotion Identification, to Grief, Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control and so much more. If you can work these into your daily schedules, any kid can learn amazing new skills!

- <https://www.centervention.com/social-emotional-learning-activities/>
- <https://cpzon3.wixsite.com/schoolcounseling/elementary-school>

Finally, If the weather is nice and you are able to, take you child outside for a walk and play some active sports or games! Please give your child a break from constant screen time, this will allow them to use the outdoors to enhance their social and emotional well-being.

-Mrs. Gorman & Mr. Zon of Spruce