

Social Emotional Learning Resources for Elementary Families (Session #3)

Plano ISD would like to provide parents with strategies and tips to support their child's social emotional development at home. These social and emotional skills are essential for navigating through today's current events and for meeting life's challenges in the future.

Family Circle Questions

1. What type of weather report describes your mood right now?
2. What kind thing can you do for someone else today?

Mindfulness Moment: Star Breathing

Spread one hand out like a star. Use the index finger on your other hand to trace the outline of your star hand. Take a deep breath in as you move to the top of your thumb. Breathe out as you move down between your thumb and first finger. Take another breath in as you move to the top of your first finger. Breathe out as you move down between your first and second finger. Repeat until you have taken five slow, deep breaths.

Parent article: "Essential Connections Between Parenting and Social Emotional Learning"

<https://confidentparentsconfidentkids.org/research/>

SEL in Today's World: Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

Essential Vocabulary:

To help your child grow his or her SEL vocabulary, talk about what the words below mean:

1. Relationship- the way in two or more people are connected
2. Communication- the act of expressing your thoughts, feelings, ideas, etc. to someone else

SEL Read Aloud

[The Energy Bus for Kids](#) 16:55

Positive Parenting Tip

Teach *communication skills*: Encourage children to communicate their thoughts, feelings, and needs in a non-emotional manner. Teach them to listen to what others say, then if clarification is needed, reflect what they heard using "I heard you say..." statements. Point out when body language and non-verbal expressions might be communicating a different message than their words. Teach children to use "I" statements instead of "You" statements.

For additional resources and information about social emotional learning in Plano ISD, please visit our website at www.pisd.edu/sel.

