

Social Emotional Learning Resources for Elementary Families (Session #5)

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. Use one word to describe how you are feeling right now.
2. What is your favorite snack?
3. What is one job/occupation that you would like to try for a day?

Mindfulness Moment: The Heartbeat Exercise

Have the kids jump up and down in place for one minute. Then have them sit back down and place their hands on their hearts. Tell them to close their eyes and feel their heartbeats, their breath, and see what else they notice about their bodies.

Parent article: "My Kid's School is Closed, So Now What?"

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

SEL in Today's World: Responsible Decision Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms.

Essential Vocabulary:

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

1. Responsible- ability to be trusted to do what is right or required
2. Decision- a choice that is made after thinking about it

SEL Read Aloud

The Ant and The Grasshopper 7:48

Positive Parenting Tip

Parents can teach RESPONSIBLE DECISION-MAKING by educating children how to make constructive choices, especially during this health crisis. Children's safety is a priority at all times, but the current crisis offers an opportunity to teach them problem-solving strategies, which can reinforce their ability to make appropriate decisions for their own safety. Parents can help them navigate this process by teaching them strategies that include 1) identifying the problem, 2) analyzing the situation, 3) identifying a potential solution, and 4) determining the potential consequences of the solution.

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