

Social Emotional Learning Resources for Elementary Families (Week #6)

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 is the weather report that describes how you are feeling right now?
2. What is your favorite animal?
3. What does gratitude mean to you?

Mindfulness Moment: Five Finger Gratitude

For each finger on your hand, identify one thing you are grateful for.

Parent video: "How to Talk to Kids about Gratitude?"

<https://youtu.be/4dBk-3SmoJ0>

SEL in Today's World: "Why Does Gratitude Matter?"

Children aren't natural-born gratitude experts. Gratitude develops over time, as cognitive abilities mature, and it takes a lot of practice. Parent-child conversations can help by deepening children's understanding of gratitude by breaking it down into parts and raising their awareness of those parts.

Making the effort to help children cultivate gratitude pays off. Grateful kids and teens tend to be more engaged in their schoolwork and hobbies, get better grades, and be more satisfied with school, family, community, friends, and themselves.

-Greater Good in Education

SEL Read Aloud

Splat the Cat Says Thank You

<https://www.youtube.com/watch?v=clqcjyu0-hM> 6:50

Positive Parenting Tip

Parents can teach this skill by making the practice of gratitude a daily practice. Try to have a regular time when your family members are thankful for something in their lives. Expressing gratitude as part of the routine can be habit forming as it reinforces the message in a continuous way.

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

