

Social Emotional Learning Resources for Elementary Families (Session #4)

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. Using a number from 1 (bad) - 5 (great), how are you feeling right now?
2. What is your favorite movie or television show?
3. Who or what makes you feel safe?

Mindfulness Moment: Dragon Breathing

Interlace the fingers underneath the chin. Inhale and lift the elbows up to frame the face. Exhale, lifting the head up making a whispered 'hah' sound towards the sky, like a dragon breathing fire. At the same time, lower the elbows back down to meet at the bottom again by the end of the 'hah' exhale. This breath technique builds strength and head within so is a good energizer. It helps us feel brave when we might be nervous or pepped up when we're tired.

Parent article: "Social Emotional Learning at Home"

<https://confidentparentsconfidentkids.org/2020/04/07/casel-cares-webinar-recording-social-and-emotional-learning-at-home/>

SEL in Today's World: Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.

Essential Vocabulary:

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

1. Empathy- the ability to care, understand and share the feelings of another.
2. Culture- a way of life of a group of people--the behaviors, beliefs, values, etc.

SEL Read Aloud

[*Each Kindness*](#) 7:26

Positive Parenting Tip

Teach SOCIAL AWARENESS by modeling empathy and perspective taking. When opportunities are presented, discuss with your children the importance of practicing this in every day and every way. Acknowledge and discuss how others might have been impacted by the health crisis. Talk about how this might feel if it were you or your family. Discuss ways in which your family might help others in need.

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

