

## **Social Emotional Learning Resources for Families (Week #2)**

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**

1. What emoji illustrates how you feel right now?
2. What is your favorite way to calm down when you are upset?

### **Mindfulness Moment: Mindful breathing**

Put your hands on your belly and count every time your belly goes up and when it goes down. Like this: belly goes up - one. Belly goes down - two. And so on, all the way to ten. See how paying attention to your breath makes you feel. How do you feel afterwards? \*When angry, anxious, or sad, take ten mindful breaths and see if it makes a difference.

### **Parent article: "Keeping the Communication Lines Open During the Coronavirus"**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

### **SEL in Today's World: Self Management**

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself.

### **Essential Vocabulary:**

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

1. Stress- emotional/physical strain or tension:
2. Regulate- effectively manage and respond to an emotional experience:

### **Watch and Discuss:**

"Just Breathe" video

<https://www.youtube.com/watch?v=RVA2N6tX2cg&t=5s>

### **Positive Parenting Tip**

Teach *stress management*: Discuss how the health crisis has led to many changes for people and some of these changes have resulted in stressful situations. For example, explain how school closings might lead older children to fear that they may not be able to finish their courses for graduation. Use other examples as appropriate. Identify ways in which children might manage their stresses, such as through mindfulness and relaxation strategies.

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