

WHAT IS SEL? Video for Parents



Social Emotional Learning at Home

DAY 1

EMOTIONS



Think:

Which emotion are you feeling right now?

What can you do when you are feeling grumpy?

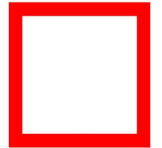
What can you do when you are feeling sad?

Do:

Make a list of all of the things that make you happy.

Activity:

Make a list of all the things that make you happy.



Social Emotional Learning at Home

DAY 2



Think:

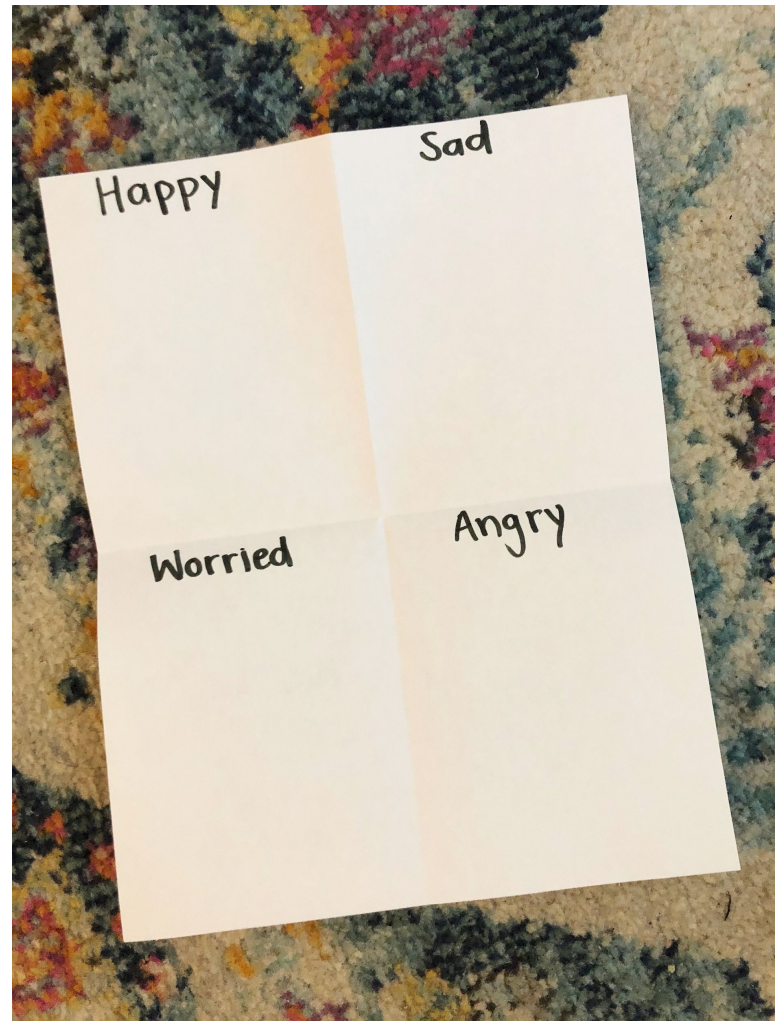
How does a person's face change based on their emotion?

How does a person's body change based on their emotion?

Which of these emotions are you feeling the most right now?

Activity:

Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw a picture of yourself showing each emotion.



Social Emotional Learning at Home

DAY 3



Think:

Have you ever felt like Howard?

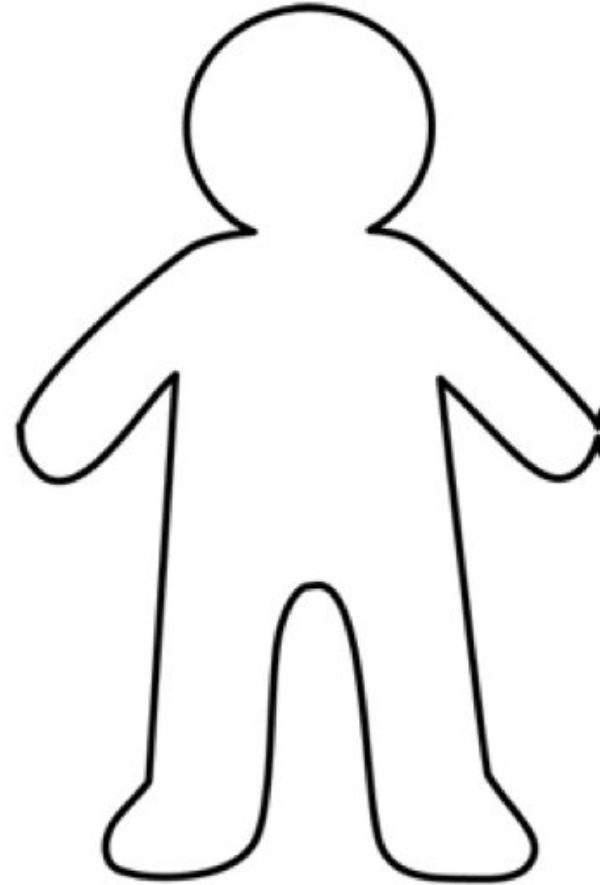
How did Howard learn to listen to his body when it was angry?

What were some of the things Howard learned to do when his body felt angry?

What lesson can you learn from Howard?

Activity:

Draw an outline of your body when it feels angry. Mark the parts where you feel the anger in red.



Social Emotional Learning at Home

DAY 4



Think:

What are some of the worries Wilma Jean has? Can you relate to her worries?

What happens to Wilma Jean when she worries?

What did Wilma Jean's teacher do to help Wilma Jean with her worrying?

Why is sorting our worries (like Wilma Jean's teacher did) helpful?

Do:

Make a list of your worries.

Activity:

Write/Draw something you worry about. Why do you worry about it? How does it affect your life? Can you control it? What are some steps to take to help with this worry?



Social Emotional Learning at Home

DAY 5



Think:

What are some things that make you feel nervous or worried?

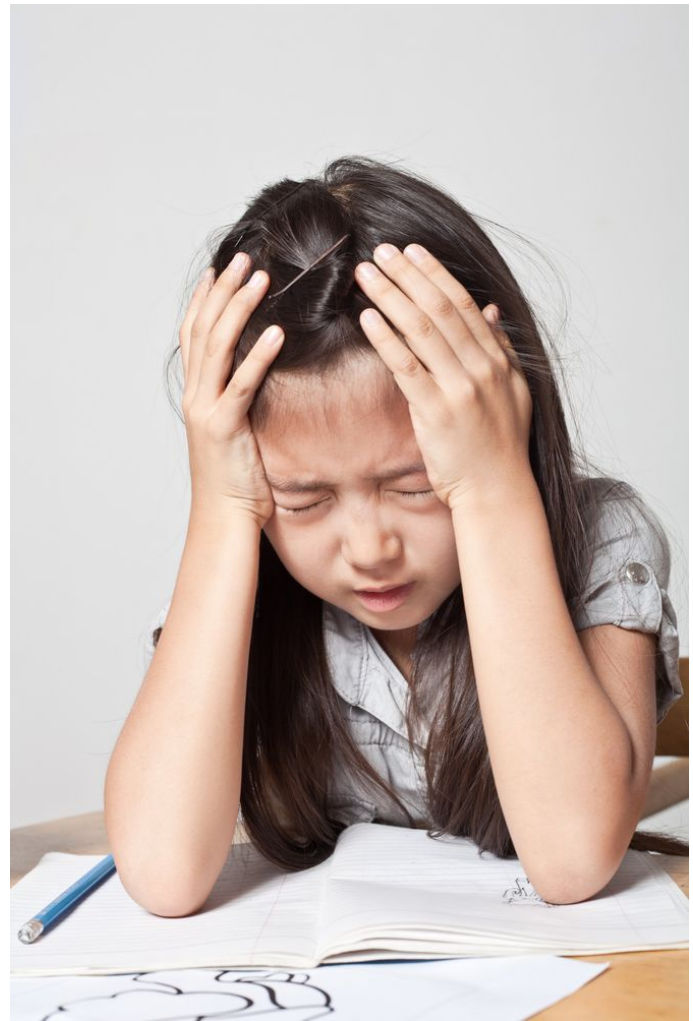
What clever ways did you learn to balance the nervous feelings with calm feelings?

Do:

Practice the finger breathing strategy along with the video.

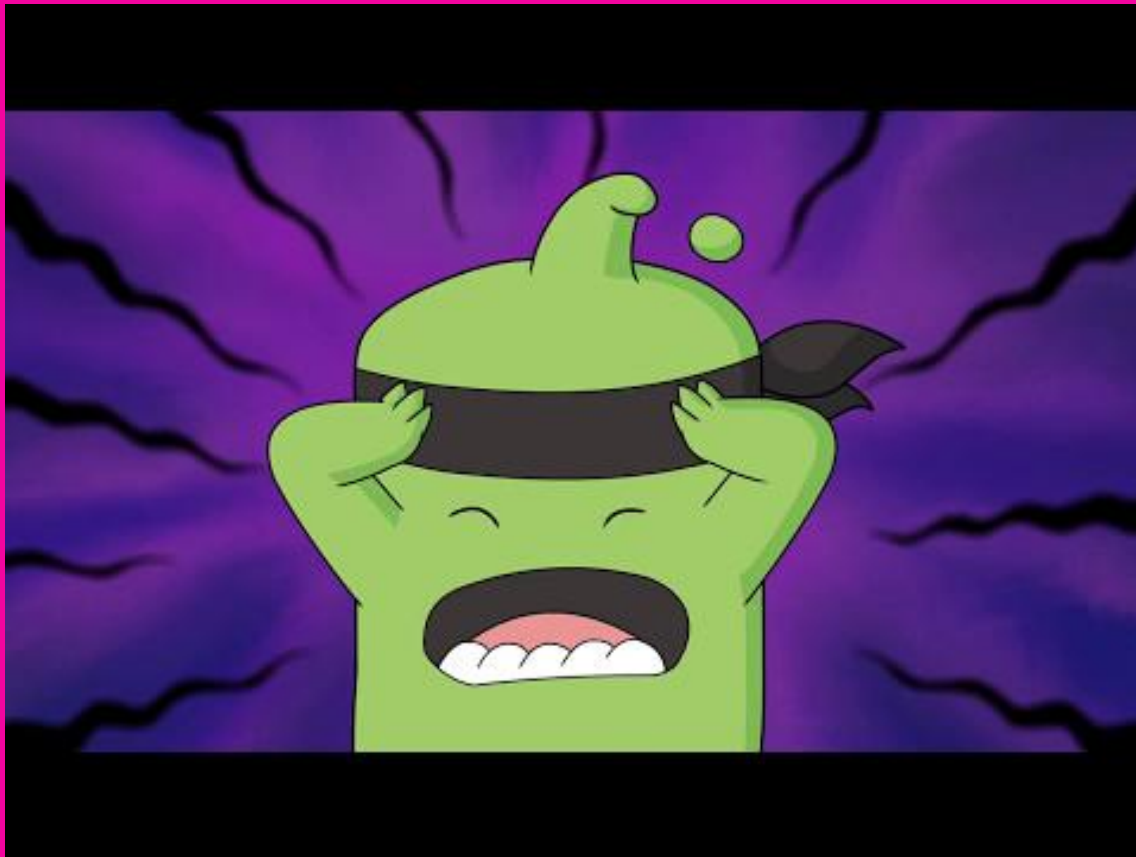
Activity:

Set a timer for 4 minutes. Think of ALL the things you feel worried about. Now practice the finger breathing exercise you learned in the video. How do you feel?



Social Emotional Learning at Home

DAY 6



Think:

What is “the beast” in the video?

What made Mojo’s beast appear?

Think about a time you have experienced “the beast.”

Do:

Try the mindful breathing exercise on the next slide. Notice how you feel after.



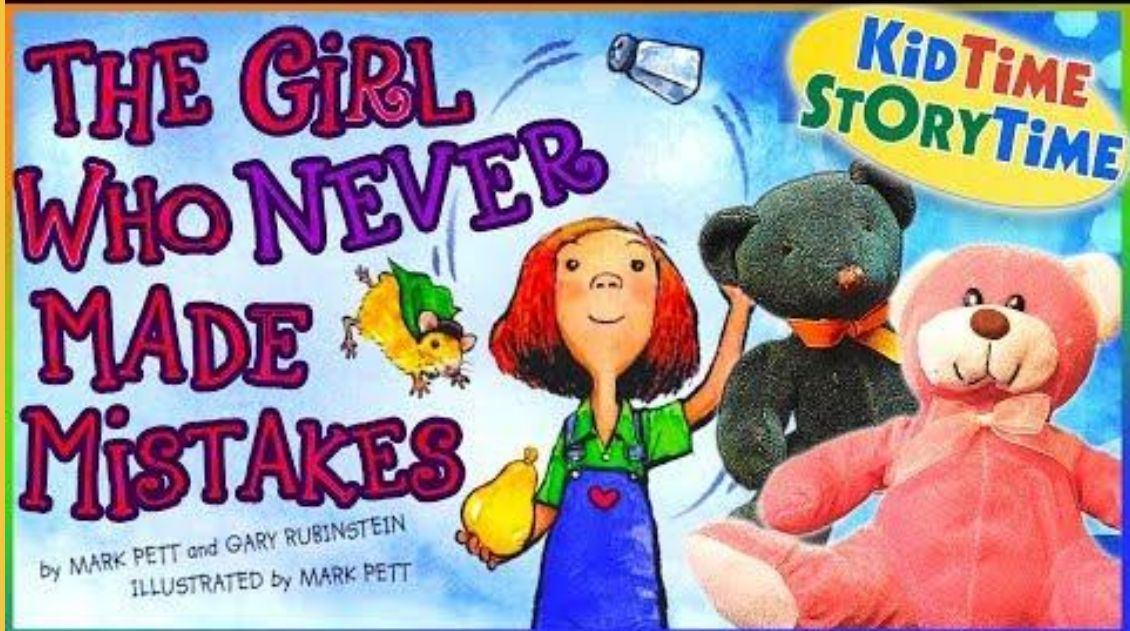
Activity:

Think about a time when
your “beast” appeared.
Draw a picture of your
beast.



Social Emotional Learning at Home

DAY 7



Think:

How do you feel about making mistakes?

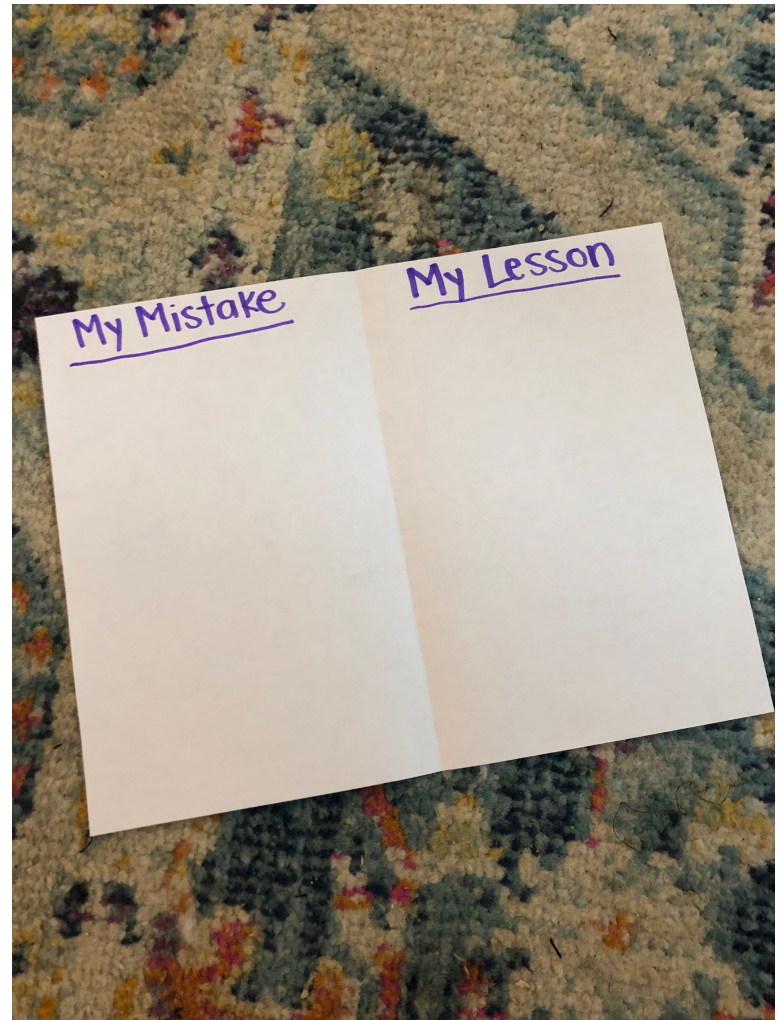
Were you ever afraid of something but you did it anyway? What made you try something scary?

Beatrice “felt her stomach jumping around inside her.” How do you think she is feeling? How do you know?

In your opinion, which is more important: learning from your mistakes or being perfect?

Activity:

Fold a piece of paper in half. On one side, draw or write about a mistake you have made. On the other side, draw or write the lesson you learned from your mistake.



Social Emotional Learning at Home

DAY 8



Think:

What is self-compassion?

Think about a time you have gotten mad at yourself.

Do you think it is easier to be kind to yourself or others?
Why?

If you could talk to Esperanza after she runs off the stage, what would you say to her?

How can you spread love and kindness into the world?

Activity:

Write some kind words to yourself. This can be a letter, drawings of kind words, or positive statements. Say them out loud to yourself.



Social Emotional Learning at Home

DAY 9



Think:

Did Howard know how to get along with his friends?

What did he learn from his grandma?

What are the 4 rules to get along with others?

Do:

Help Howard figure out how to help others get along at the end of the video.

Activity:

Write/Draw about a time you used one of the 4 rules for getting along:

Review the Rules:

1. Everyone needs to have a say
2. Everyone needs to have a turn
3. Everyone gets to be right
4. Apologize



Social Emotional Learning at Home

DAY 10



Think:

Why does the main character dislike Jeremy Ross?

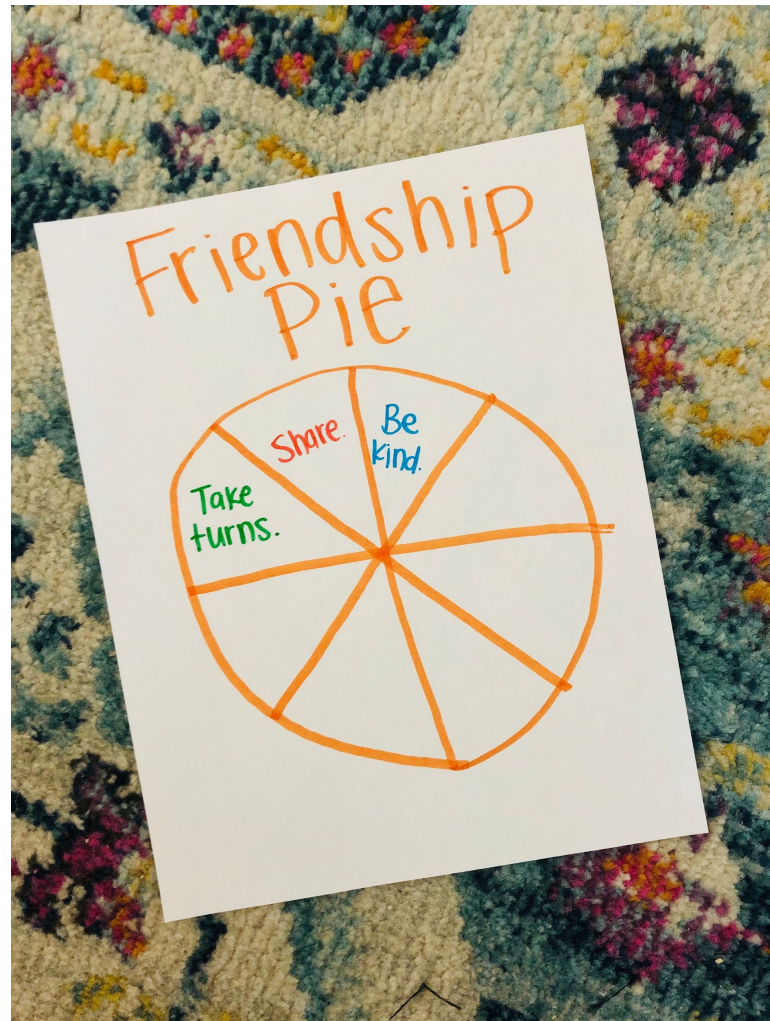
How did the main character change as he spent his day with his neighbor, Jeremy?

What message or lesson can we learn from this book?

Did you ever have a similar problem as the main character?

Activity:

Make a friendship pie.
Draw a big circle on a
piece of paper and divide
it into sections. Write 1
way you can be a good
friend in each section.



Social Emotional Learning at Home

DAY 11



Think:

What did the new kid do that wasn't very nice on the playground?

Why is it best to keep your hands to yourself?

What respectful behavior did you see on the playground?

How can your "use your words"?

How would you feel if someone took something from you without asking?

Activity:

Draw a picture or write a story about a time when you saw behavior at school that was not respectful. Show or describe how it made you feel.



Social Emotional Learning at Home

DAY 12



Think:

What does it mean to be a team player?

Why did Howard throw a temper tantrum?

How can you show good sportsmanship?

What is an example of poor (or bad) sportsmanship?

Activity:

Draw a picture of
yourself showing good
sportsmanship.



Social Emotional Learning at Home

DAY 13



Think:

What are some examples of negative behavior in the story?

Why did the students lose their recess time?

Why is kindness cooler?

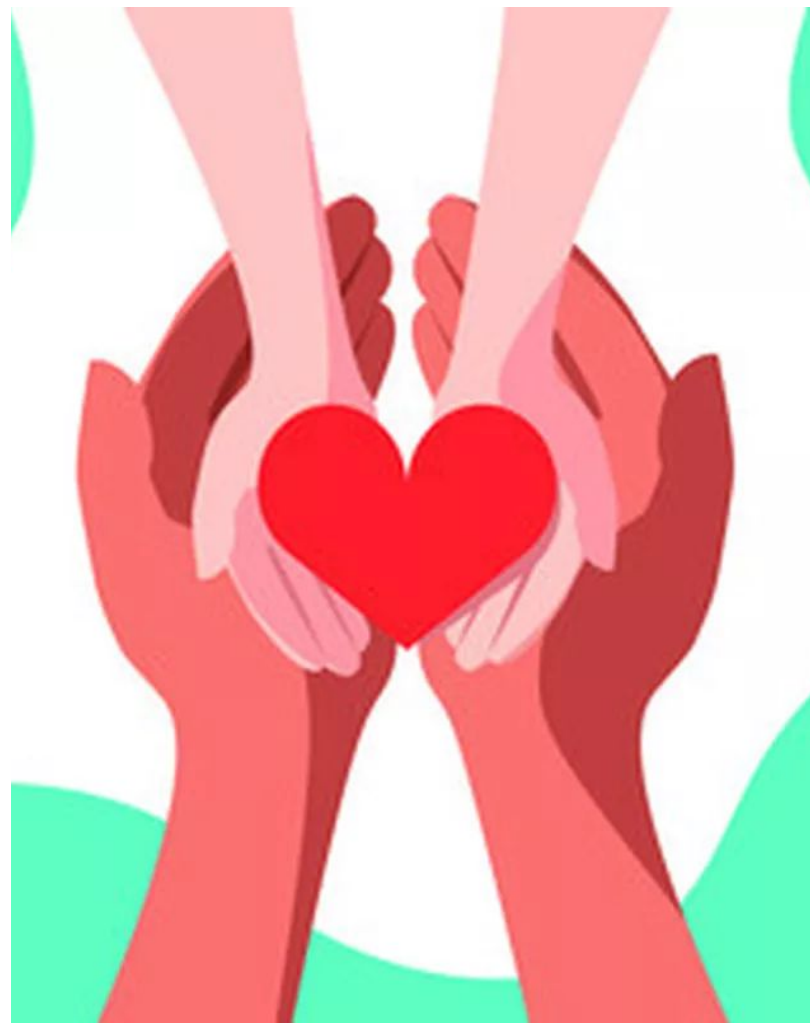
What are some examples of kindness from the story?

How can *you* be kind?

Activity: Kindness Challenge

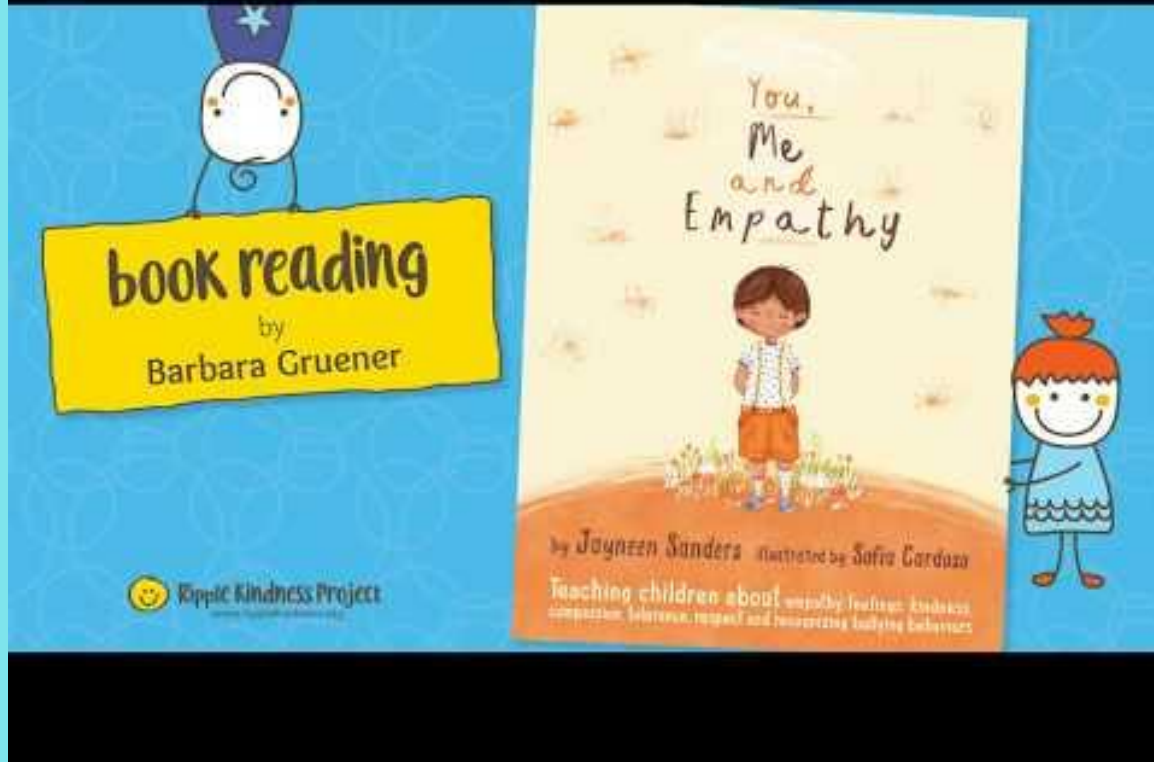
See how many of the acts of kindness you can complete today:

- ☐ Give someone a compliment.
- ☐ Help someone.
- ☐ Tell someone why you are thankful for them.
- ☐ Make someone smile.
- ☐ Make a card for someone to brighten their day.
- ☐ FREE CHOICE: Choose your own act of kindness!



Social Emotional Learning at Home

DAY 14



Think:

What is empathy?

How are all people the same?

What makes you feel happy?
Sad? Worried? Angry?
Excited?

How can you show kindness
to others?

Think of a time someone has
shown you kindness.

Activity:

Look at the picture of the boy on the right. How do you think he is feeling? What might have made him feel that way?

Write about or draw a picture showing a way you could make him feel better.



Social Emotional Learning at Home

DAY 15



Think:

What does the word respect mean?

How did the “Big Bad Wolf” make the piggies feel cared for?

How can you make someone feel cared for?

How can you treat people fair?

What are some things you should *not* do if you are trying to respect someone?

Activity:

Draw a picture of yourself showing someone respect.
Write a sentence about how you are showing respect.



Social Emotional Learning at Home

DAY 16



Think:

What is personal space?

How does Louis struggle with personal space?

What does Louis learn at “Personal Space Camp?”

How do you feel when people get too close to you?

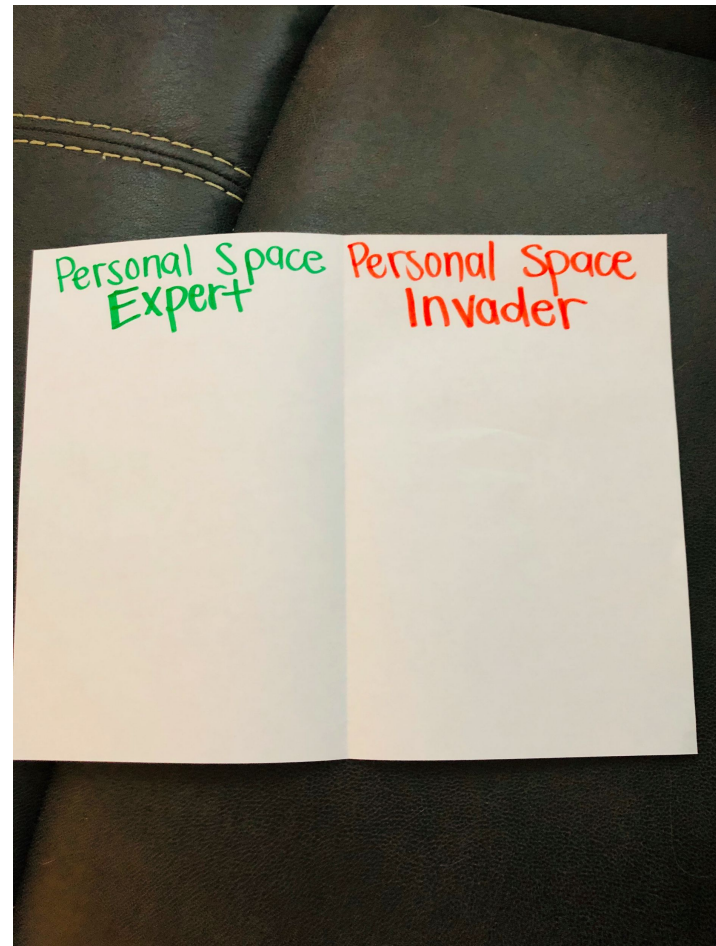
Do you ever struggle with personal space?

Activity:

A personal space EXPERT stays in their personal space bubble.

A personal space INVADER invades (or goes into) someone else's personal space.

Fold a piece of paper in half. On one side, draw a picture of yourself being a personal space expert. On the other side, draw a picture of yourself being a personal space invader.



Social Emotional Learning at Home

DAY 17



Think:

What are some times the Bear children should have said please or thank you?

How do the Bear children learn to say please and thank you?

Why should you say please and thank you?

How do you feel when someone does not say thank you?

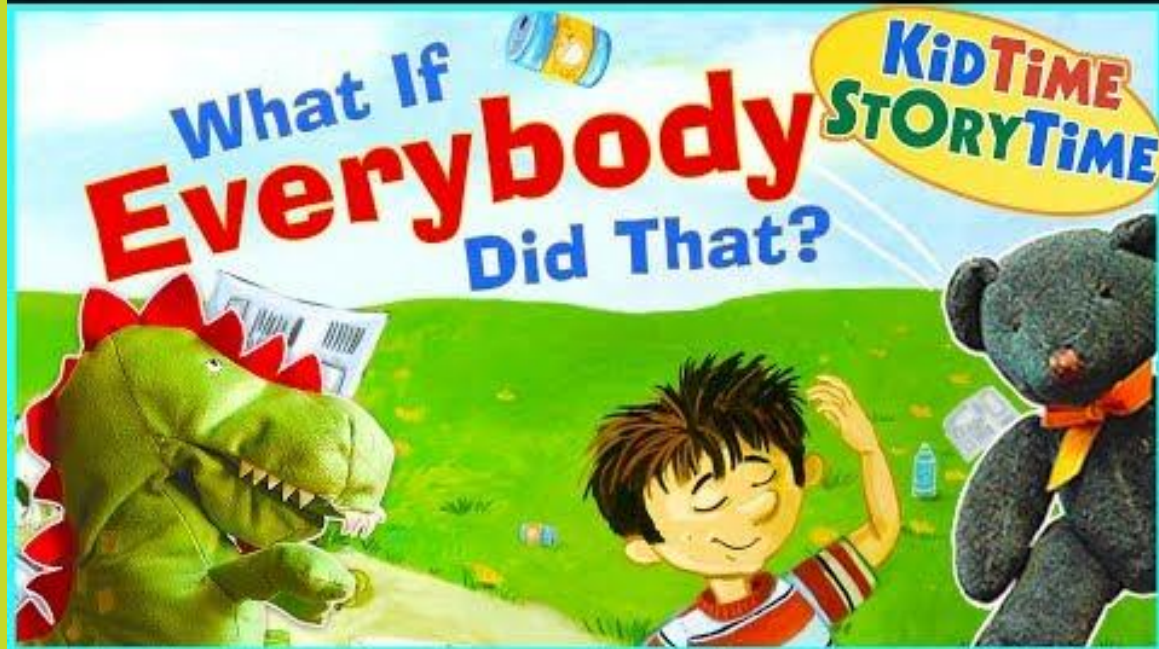
Activity:

Write a thank you letter to someone who has done something nice for you.



Social Emotional Learning at Home

DAY 18



Think:

Why are rules important to follow?

What is a way the boy did not respect his classmates?

What is a way the boy did not respect adults?

How does this book show us that our actions can affect behavior?

What did the boy do at the end that does show respect?

Activity:

Choose a rule that you have at home or school.

Draw a picture of what would happen if *no one* followed the rule.

RULES

1.

2.

3.

Social Emotional Learning at Home

DAY 19



Think:

What is Howard doing that is making him a bad listener?

What can happen if you aren't being a good listener?

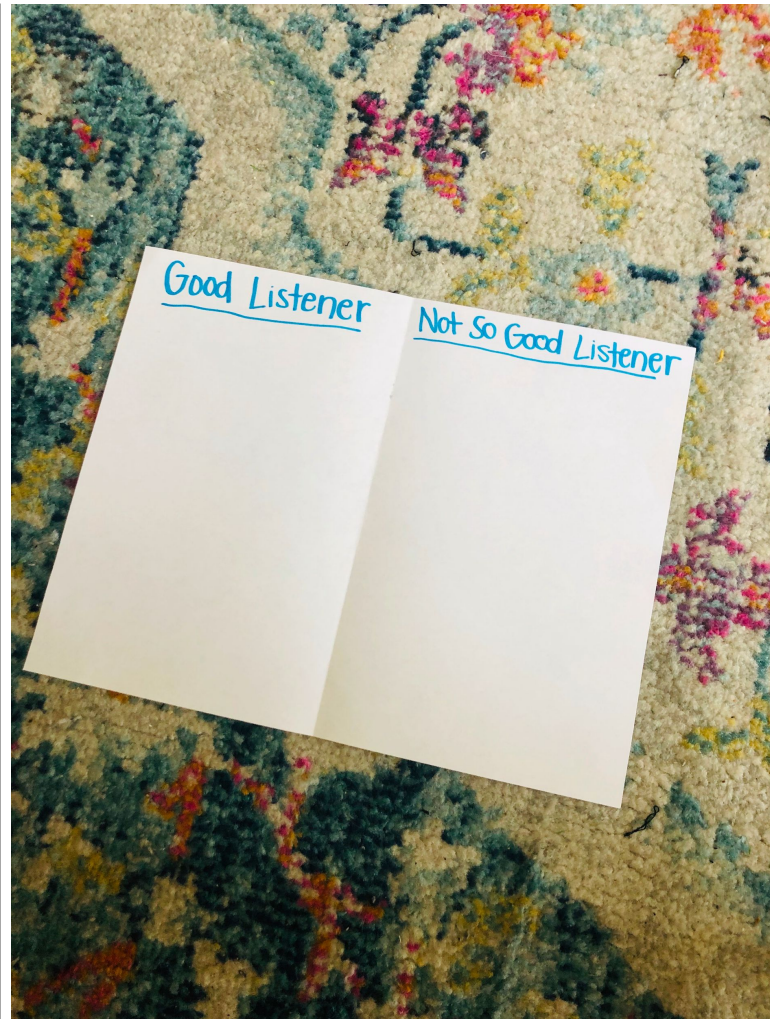
How does Howard learn to be a better listener?

What makes someone a good listener?

How can you show someone that you are listening?

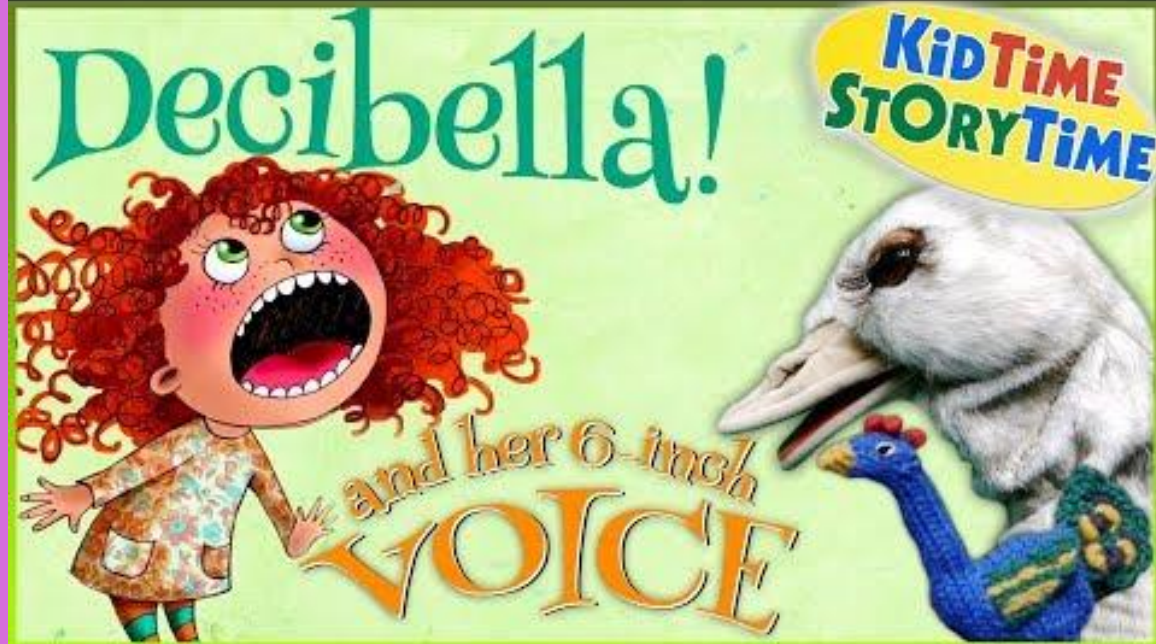
Activity:

Fold a piece of paper in half. On one side, draw a picture of what a good listener looks like. On the other side, draw a picture of what a “not so good” listener looks like.



Social Emotional Learning at Home

DAY 20



Think:

What are some of the places “Decibella” is being loud when she *should* be quiet?

What does it mean if you are talking and other people are covering their ears?

Do:

Practice whisper

Practice 6 inch voice

Practice table talk voice

Practice strong speaker voice

Practice outside voice

Activity:

Divide your paper into 6 rectangles. It doesn't have to be perfect! In the first box, write "My Voice Levels."

In the rest of the boxes, write one of the voice levels in each box.

Draw a picture of a place or situation where you would use each voice level.



Social Emotional Learning at Home

DAY 21



Think:

What did Brother & Sister do when they broke their mother's lamp?

Why do you think they decided not to tell the truth?

How did they get caught telling a lie?

What was Mama sad about?

Why did the bears decide to tell the truth?

Why do you think it's important to tell the truth?

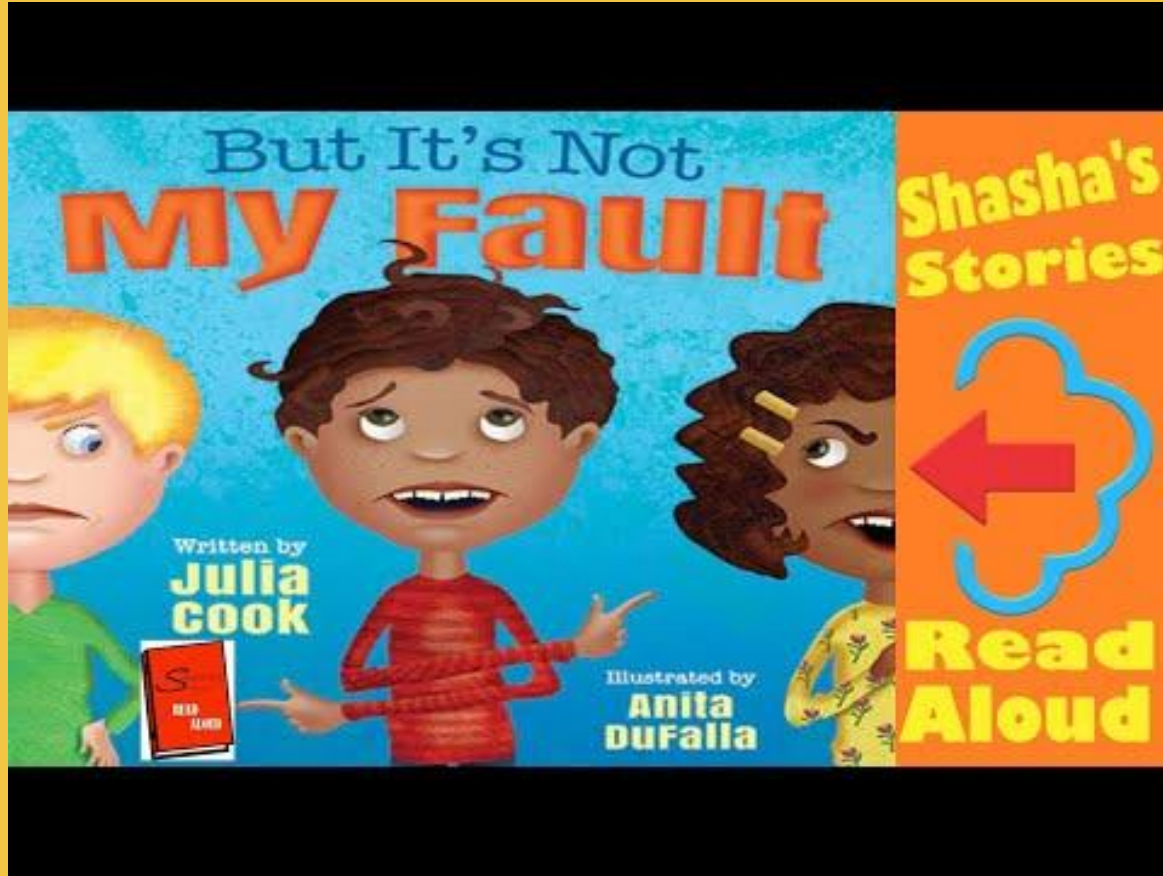
Activity:

Draw a picture or write a story about a time when you did not tell the truth. What happened? How did you feel after?



Social Emotional Learning at Home

DAY 22



Think:

Have you ever felt like Noodle in the story?

Whose fault was it that Noodle didn't do his math homework?

Why couldn't Noodle check out a new book? Have you ever forgotten to return a library book?

Why does Noodle keep saying "It's not my fault?"

Who is responsible for the things that you do and your choices?

Activity:

Make a list (or draw pictures of) things that *you* are responsible for.



Social Emotional Learning at Home

DAY 23



Think:

What is a bubble gum brain?

What is a brick brain?

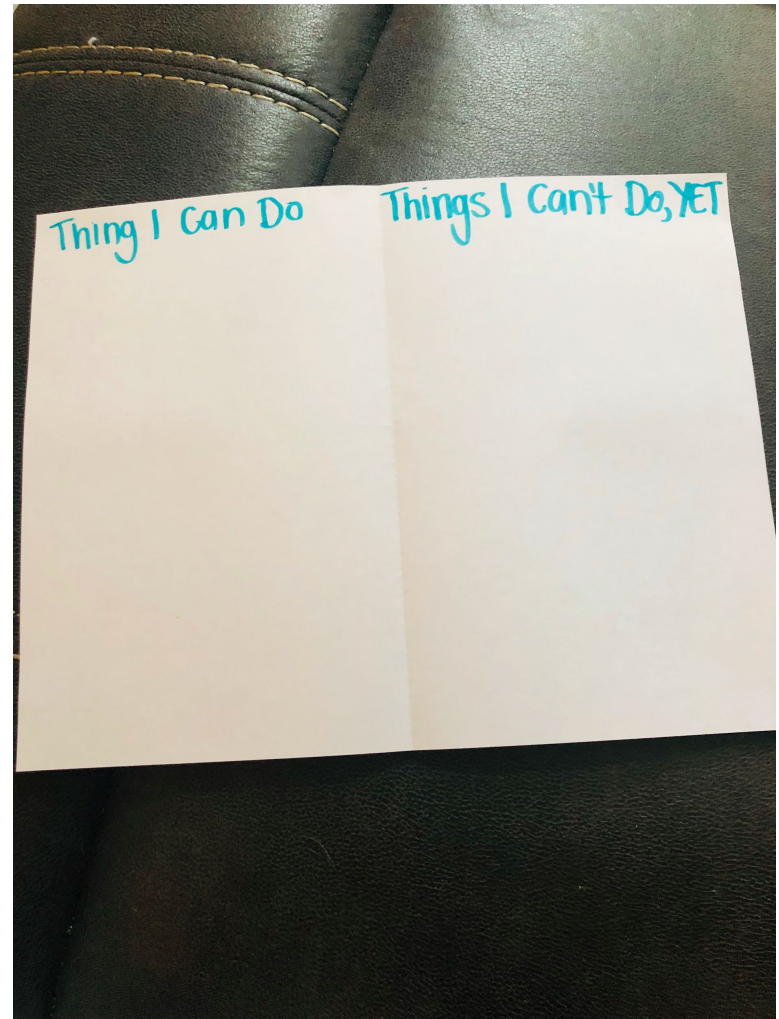
What are some big differences between a bubble gum brain and a brick brain?

Would you rather have a bubblegum brain or a brick brain?

What is the power of yet?

Activity:

Fold a piece of paper in half. On one side, draw a picture of things you *can* do. On the other side, draw a picture of things you can't do, YET.



Social Emotional Learning at Home

DAY 24

Howard B. Wigglebottom

Learns About Courage



Think:

How was Howard feeling in the video?

Is it okay to be afraid?

What does Howard learn from the bird?

What are some things you are afraid of?

What is your biggest fear?

Activity:

Write your biggest fear on a piece of paper.

Think: How does this fear make me feel?

What can I tell myself when I feel afraid of this?

What can I try to become less afraid?

Now crumple up your piece of paper and throw it in the trash. You may be afraid, but you are brave!

BE SCARED
and
DO IT ANYWAY

Social Emotional Learning at Home

DAY 25

Listening to My Body



By Gabi Garcia

Illustrated by Ying Hui Tan

Think:

What kinds of things does your body tell you?

What are sensations?

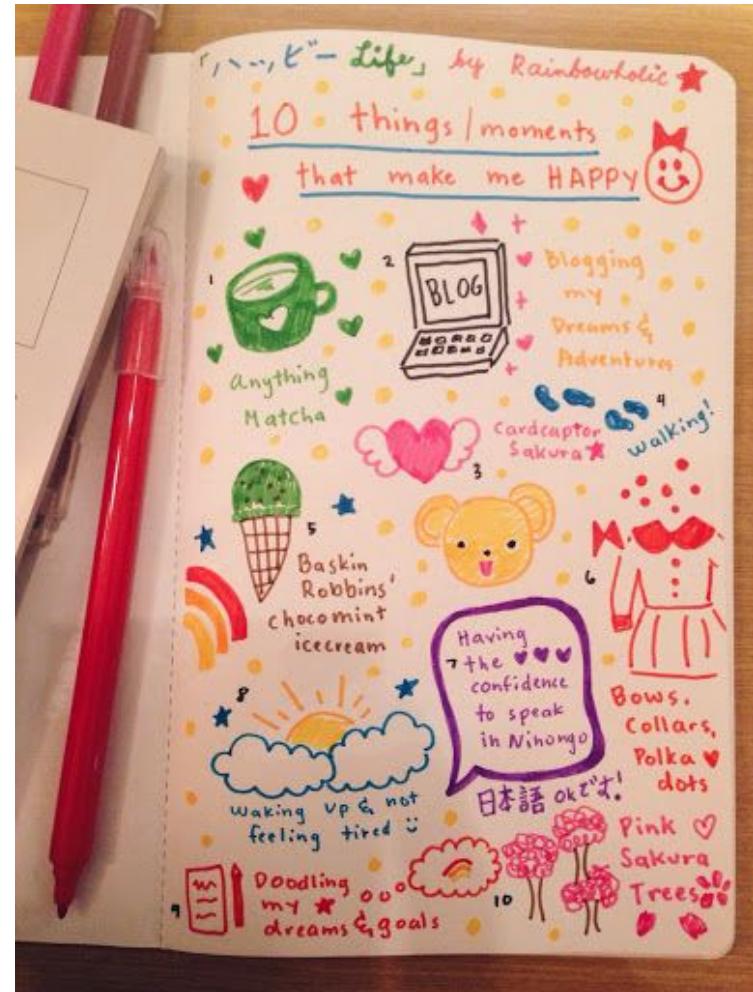
How are feelings like waves in the ocean?

Do:

Complete the exercises in the book as you watch the video.

Activity:

Make a list or draw pictures of things that make you feel calm and happy.



Social Emotional Learning at Home

DAY 26

By Chantal Lemaire & Élodie Thullier

THE WOLF WHO LEARNED SELF-CONTROL



AUZOU

Think:

What was wolf's problem?

How did wolf's moods change?

How do you feel around a person that "explodes" or gets upset really easily?

How do wolf's friends help him?

What suggestions would you give wolf?

Why is self-control important?

Activity:

Draw a picture of your favorite way (or a way you'd like to try) to calm down.



Social Emotional Learning at Home

DAY 27



Think:

How can you help your mind stay healthy and happy?

How are our thoughts like bubbles?

What are some of the different kinds of thoughts?

Do thoughts stay forever?

What is a thought that makes you feel happy?
Worried?

Activity:

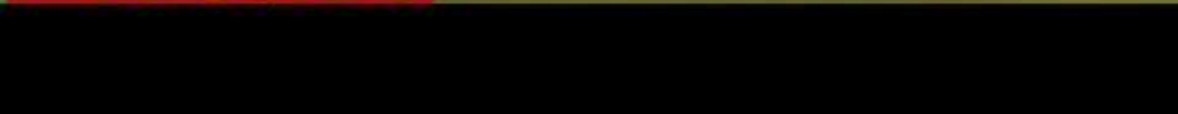
Draw 5 bubbles on a piece of paper. Inside each bubble, write or draw a thought you have had today.



Social Emotional Learning at Home

DAY 28

Calm



Do:

Follow the monkey in the video and do the body stretches. These are meant to calm your body and mind down.

Think:

How did your body feel before the stretches?

How did your body feel after the stretches?

Think of a time when doing this would be a good idea.

Activity:

Draw a picture of your body when it is feeling calm.



Social Emotional Learning at Home

DAY 29



Activity:

Complete the Yoga for Kids video. Notice how you feel.

Social Emotional Learning at Home

DAY 30



Think:

What are some hard things you have done?

What are some hard things you want to do?

How can the quiet voice inside of you help you?

Complete the sentence.
I can _____.

Activity:

Make a list or draw pictures of HARD things that you can do.



Social Emotional Learning at Home

DAY 31



Think:

What does it mean to have an empty bucket?

What does it mean to have a full bucket?

What are some things that fill your bucket?

What are some things you can do to fill someone else's bucket?

How do you feel when your bucket is empty?

How do you feel when your bucket is full?

Activity:

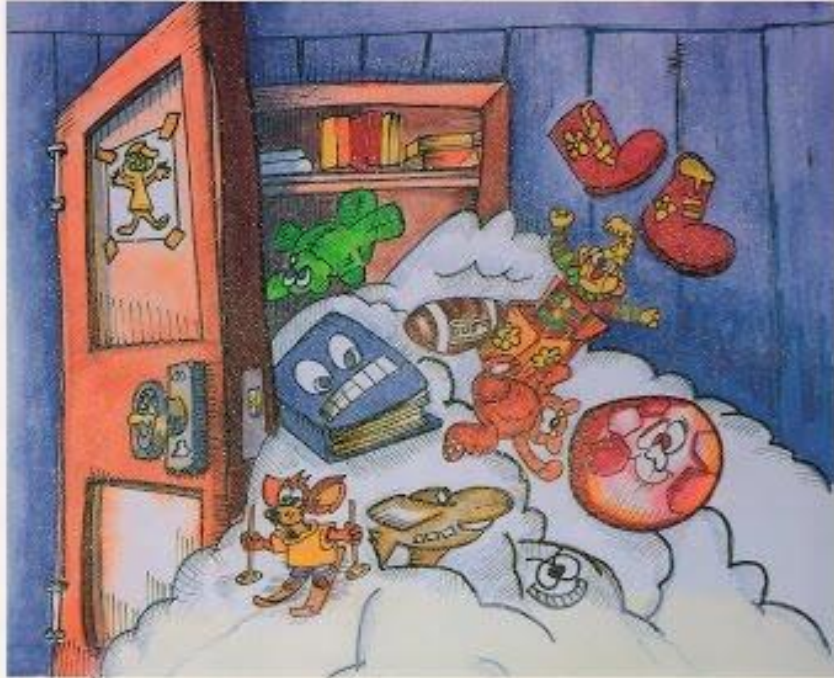
Draw a picture of 3 things that fill your bucket.



Social Emotional Learning at Home

DAY 32

ALWAYS A SOLUTION



Think:

What is a problem that you have had?

How did you solve it?

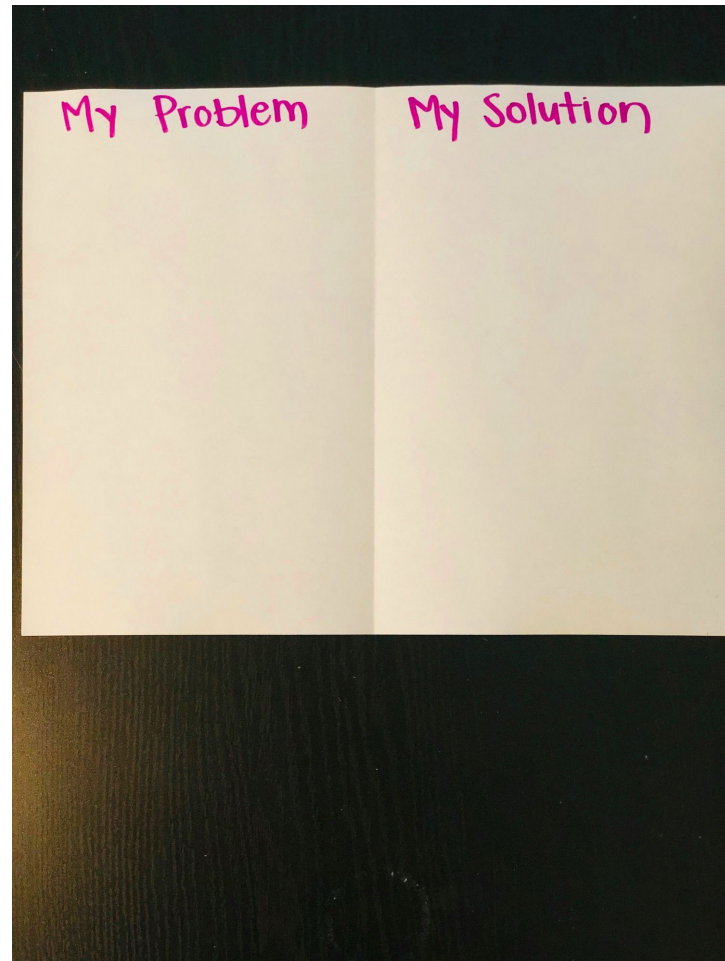
How do you feel when you have a problem that seems impossible to solve?

Have you ever had a problem with a friend?

Do you agree that there's always a solution?

Activity:

Fold a piece of paper in half. Draw a picture of a problem you have had before on one side. On the other side, draw a picture of how you solved it (or ideas for solving it!)



Social Emotional Learning at Home

DAY 33

The Good Egg



Think:

Have you ever felt like the egg in the story?

Have you ever felt like the egg's friends in the story?

Have you ever felt like you were going to crack like the egg?

Is it okay to not be perfect?

What are some of the things the egg did to help heal his cracks?


Activity:

Draw a picture of something you can do when you start to feel like you are cracking like the egg in the story.



Social Emotional Learning at Home

DAY 34



YOGA FOR KIDS

Activity:

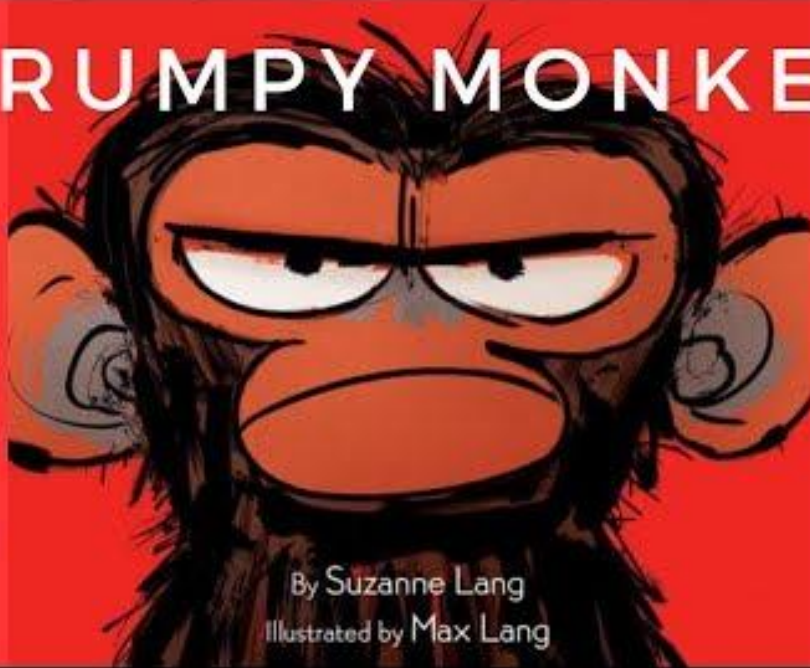
Complete the Yoga for Kids video. Notice how you feel.

Draw a picture of your favorite pose or stretch from the video.

Social Emotional Learning at Home

DAY 35

GRUMPY MONKEY



By Suzanne Lang
Illustrated by Max Lang

Think:

Have you ever felt like Grumpy Monkey?

How did Jim's friends know that he was grumpy? What did they notice about how he looked and acted?

Have you ever looked happy but didn't feel happy on the inside?

How did his friends try to cheer him up?

Is it okay to feel grumpy sometimes?

Activity:

Draw a picture of how your face and body look when you are feeling GRUMPY.

I'M NOT GRUMPY!



shouted Jim as he beat his chest.

Social Emotional Learning at Home

DAY 36



Think:

What is courage?

What is a time you have felt afraid?

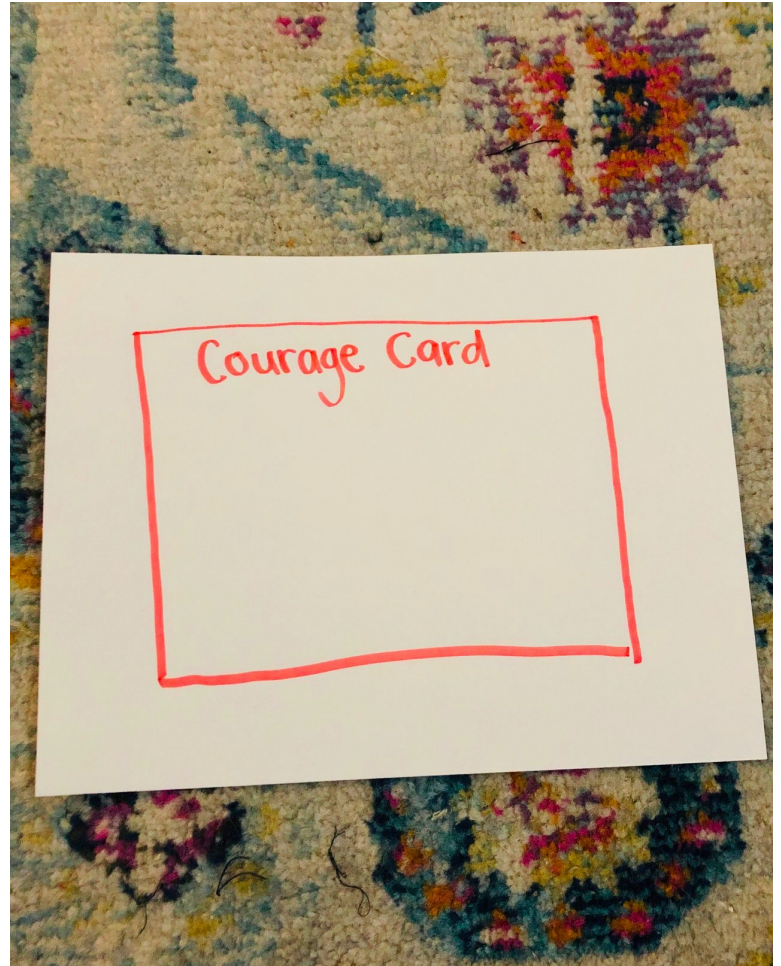
Can you feel afraid and still be brave?

Think about some times when you have shown courage.

How can your confidence spot help you?

Activity:

Draw a rectangle on your paper. This is your courage card! Inside the card, write or draw a time you used your courage card.



Social Emotional Learning at Home

DAY 37

— THE —
STORY
TIME
FAMILY

READ ALOUD

IN MY HEART



A Book of Feelings

By Jo Witek
Illustrated by Christine Roussey

Think:

What kinds of feelings are in your heart?

How does your heart feel when you are happy?

How does your heart feel when you are mad?

When has your heart felt broken?

What is your favorite feeling to have in your heart?

Can the feelings in your heart change?

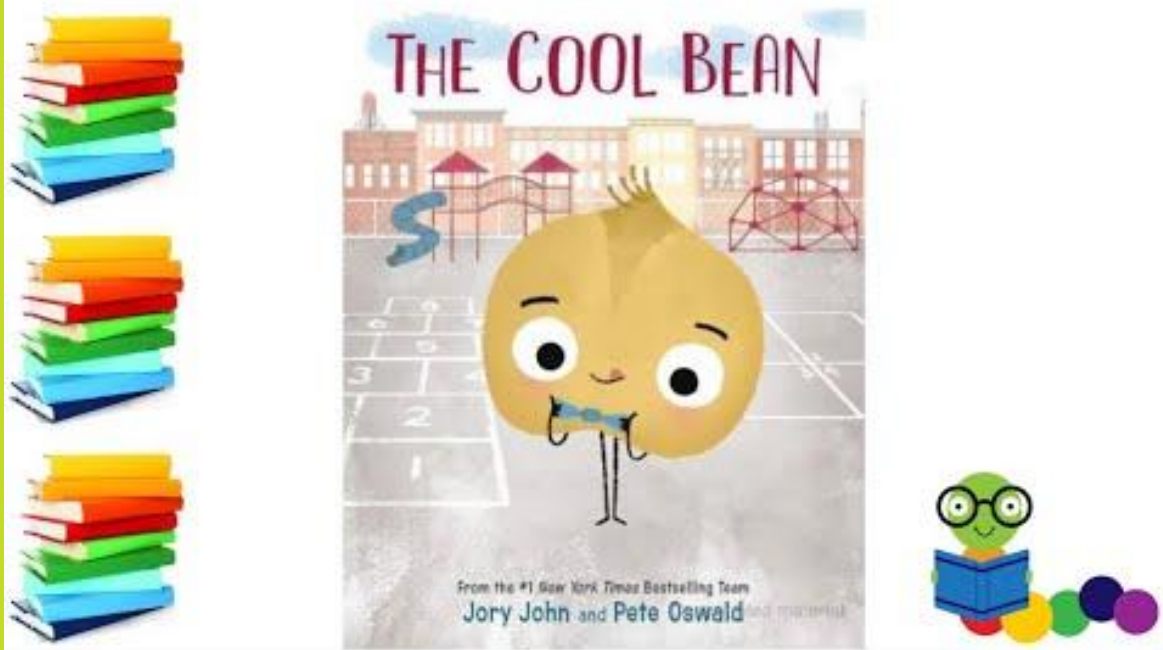
Activity:

Draw a picture of your heart. Write or draw the feelings you feel in your heart right now.



Social Emotional Learning at Home

DAY 38



Think:

What made the cool beans “cool”?

Have you ever felt like an uncool bean?

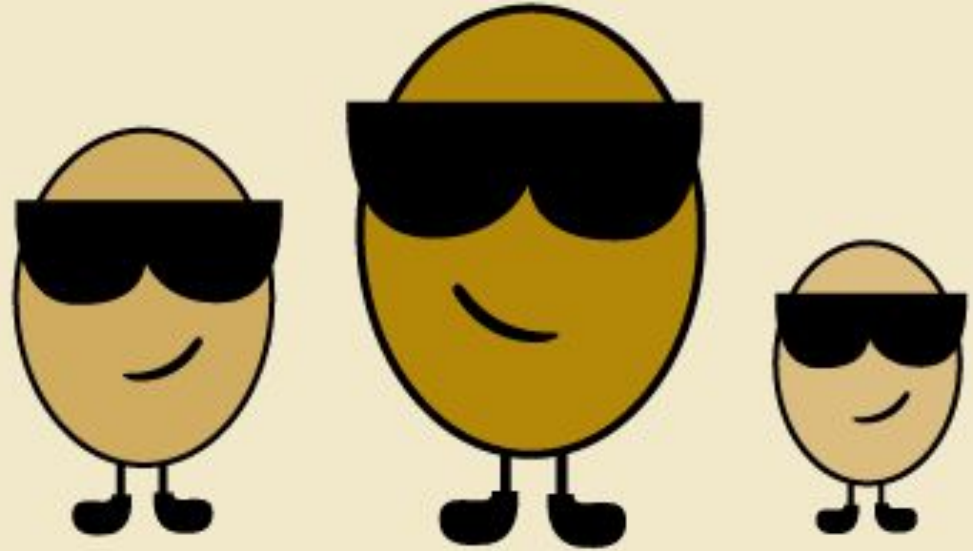
How do you think the bean in the story felt when the “cool beans” weren’t hanging out with him?

In your opinion, would the cool beans still be “cool” if they weren’t kind?

What makes you cool?

Activity:

Make a list of the ways you can be a cool bean.



Cool Beans

Social Emotional Learning at Home

DAY 39

What is
Mindfulness
& how to do it!

ZEN DEN
Mindfulness for kids



Think:

What is mindfulness
and how can it help me?

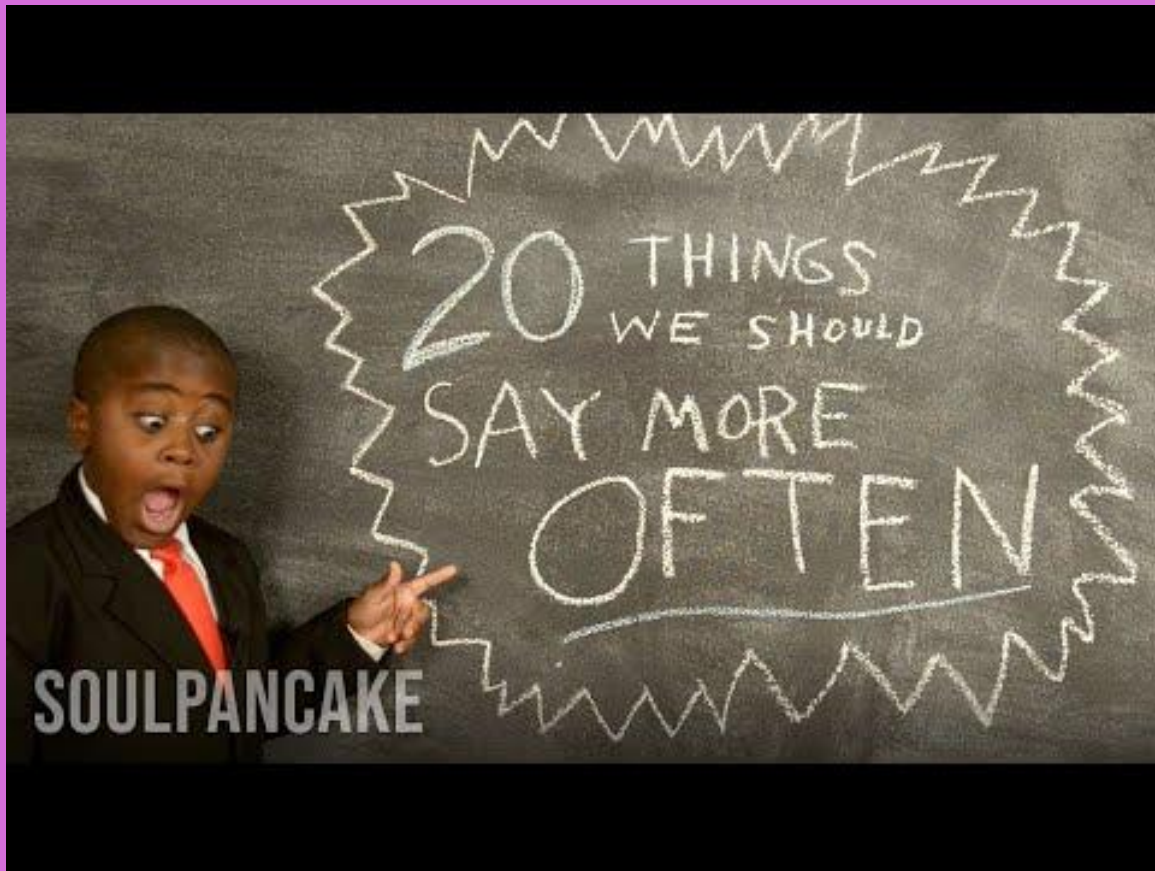
Activity:

Listen to Jaime talk
about how she
practices mindfulness.

Now, you try!

Social Emotional Learning at Home

DAY 40



Think:

How do people's words make you feel?

What is your favorite thing that Kid President says in this video?

What are some nice things you have said before?

How can what you say to people change how they feel?

Activity:

Make a list of 3 things you will say more often.

