

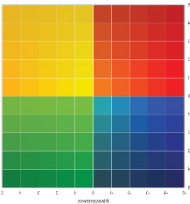
ELEMENTARY SCHOOL

Everyday Social Emotional Skills Guidance for Remote Learning

It's normal for children and adults to respond to the uncertainty of this time with a range of feelings and needs. We hope the 3 simple tips below might help create daily routines for supporting your household's wellness.

BE AN EMOTION SCIENTIST

Noticing how you feel makes it easier to make choices about what to do. Practicing this skill every day helps us notice how we feel in times of stress so we can make choices we feel good about.

K – 1 st Grade	2 nd – 3 rd Grade	4 th – 5 th Grade
<p>Say how you feel! To figure out how you feel you can pay attention to:</p> <ul style="list-style-type: none"> • How your body feels • Your thoughts • Your emotions <p>You and the people you're with can use the Mood Meter to help figure out how you feel.</p> 	<p>Once a day, say how you feel to yourself or to the people around you. To figure out how you feel you can observe:</p> <ul style="list-style-type: none"> • How your body feels • Your thoughts • Your emotions <p>You and the people you're with can use the Mood Meter to help figure out how you feel. Notice if saying your feeling changes how you feel.</p>	<p>Once a day, become aware of how you feel. Observe:</p> <ul style="list-style-type: none"> • Your body sensations • Your thoughts • Your emotions <p>You and the people you're with can use the Mood Meter to help figure out how you feel. Consider how your feelings affect what you're doing. Decide if you'd like to keep the feeling you're having or shift to a different feeling. Decide what you'll do to keep or change your feeling.</p>

SET GOALS & CELEBRATE

Persevering, learning from mistakes, and paying attention to what works helps us accomplish the things we need to get done. Celebrating makes doing things more fun!

K – 1 st Grade	2 nd – 3 rd Grade	4 th – 5 th Grade
<p>Set goals and celebrate accomplishing them!</p> <p>Each day think about one thing you'd like to do such as a household chore, an outside activity, or a learning activity.</p> <p>As you do that activity notice that you're accomplishing your goal!</p> <p>Celebrate by telling yourself you've done a great job.</p> <p>On days you don't accomplish your goal, forgive yourself and try again another day!</p>	<p>You may have household chores, schoolwork and physical activities to do.</p> <p>Set 1 or 2 goals for yourself each day. Examples are reading or moving your body for 20 minutes.</p> <p>Make a plan to accomplish your goals by writing down when you'll do them.</p> <p>Celebrate when you accomplish your goals by telling yourself you've done a great job!</p> <p>On days you don't accomplish your goals, forgive yourself and try again!</p>	<p>You may have household chores, schoolwork and physical activities to do and you get to set goals and create plans to get it all done. Set 2-3 goals for each week and create a plan to accomplish them. Write down your goals and the tasks you'll do each day. You might plan when you'll do the things on your list. Celebrate each time you complete a task on your plan by telling yourself you're making great progress! When you don't complete a task, forgive yourself and start again. Celebrate when you accomplish your week's goals by noticing how you feel and reflecting on what you did well!</p> <p>Share your accomplishments with the people around you!</p>

SOLVE PROBLEMS WITH KINDNESS

Problems give us a chance to practice listening, empathy, and saying what we need.

K – 1 st Grade	2 nd – 3 rd Grade	4 th – 5 th Grade
<p>As you play and learn there will be problems. Problems give you a chance to be your “best self”.</p> <p>To be your best self you can:</p> <ul style="list-style-type: none"> • Notice how you and others feel • Listen to other people’s ideas • Say your ideas and ask for help with kindness <p>When you are being your “best self” you and the people around you might feel better and have more fun!</p>	<p>As you play, work, and learn there will be problems. Problems give you a chance to be your “best self”.</p> <p>To be your best self you can:</p> <ul style="list-style-type: none"> • Notice how you and others feel • Listen to other people’s ideas • Say your ideas and ask for help with kindness <p>You might need to take a Meta Moment and pause if you’re feeling upset. That will help you speak kindly and have empathy for those around you.</p> <p>When you are being your “best self” you can do two important things: solve the problem and feel proud of being kind. You and the people around you might have more fun together too!</p>	<p>As you play, work, and learn there will be problems. Problems give you a chance to be your “best self”.</p> <p>To be your best self you can:</p> <ul style="list-style-type: none"> • Notice how you and others feel by saying how you feel and having empathy for others • Listen to other people’s ideas • Say your ideas and ask for help with kindness. You might use “I statements” such as, “I feel frustrated because I want a turn, can I please go next?” or “I don’t understand this, can you please explain it to me?” <p>You might need to take a Meta Moment and pause if you’re feeling upset. Remember the strategies that help you most. They might be taking a deep breath, getting a drink of water, or telling yourself that you can do hard things.</p> <p>When you are being your “best self” you can do two important things: solve the problem and feel proud of yourself for being kind. You might learn a little about what helps to solve problems at home and what doesn’t.</p> <p>You can keep track of what works and practice those things alone or with the people around you. Being your “best self” and solving problems with kindness will help you have more fun and feel better with people at home.</p>