



Blue Star Education

A DIVISION OF TEACHER CREATED RESOURCES

**MINDFULNESS MATTERS:
SOCIAL-EMOTIONAL LEARNING**

**SAMPLE
PAGES**



WHAT'S INCLUDED?: READER & MOOD METER

Nonfiction

This book begins with informational text that introduces the social-emotional learning topics and skills featured in the accompanying fictional story.

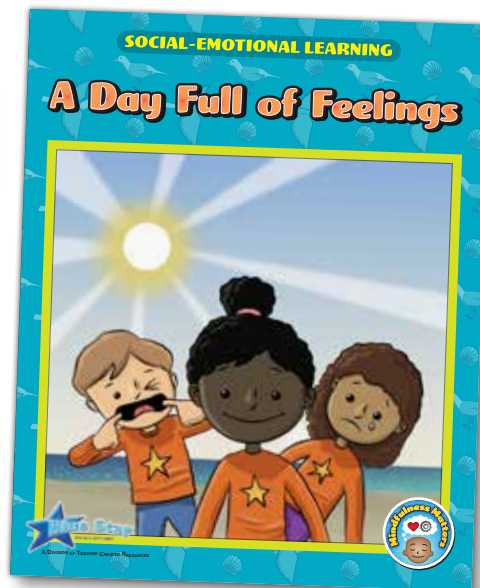


Let's Talk About Feelings

We can feel **happy**.



We can feel **sad**.



Fiction

This book includes a fictional story focused on the social-emotional learning theme of naming feelings.

Let's Think!

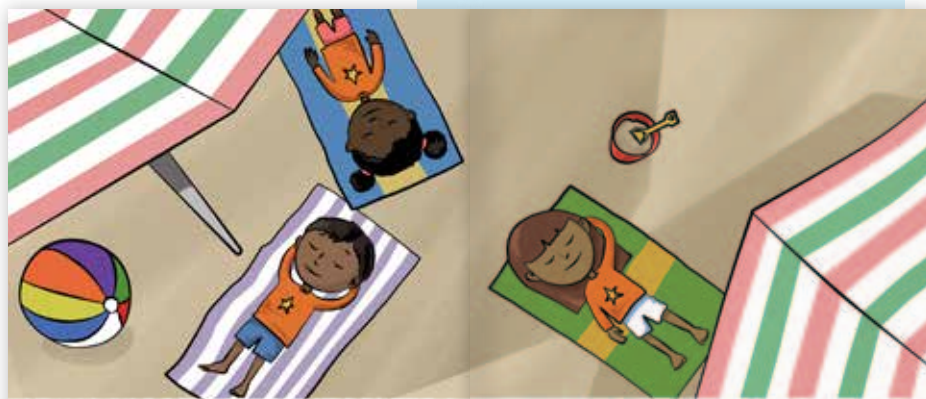
This book concludes with a thoughtful discussion question that encourages reflection, promotes critical thinking, and sparks conversation.

Let's Think!



How do you feel today?

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They rest.

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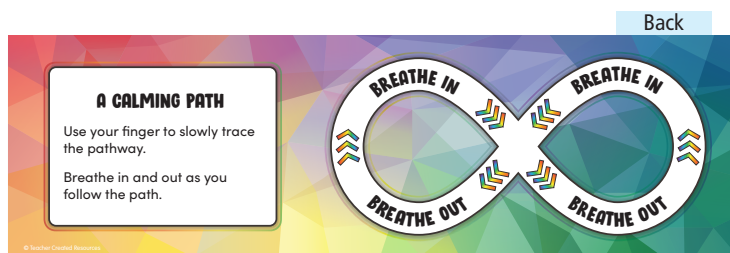


They feel **calm**.

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Mood Meter

This tool simplifies regular social-emotional check-ins while giving students an opportunity to identify and understand their feelings. The write-on/wipe-off surface makes it a convenient tool for everyday use. The reverse side of the mood meter has a calming activity to promote emotional well-being.





Self-Management (cont.)



Flying Feathers

You will need a few feathers to play this fun breathing game. Colorful craft feathers work great. Place a feather in your child's palm. Tell them to blow the feather off their palm. This should be fairly easy. Now, challenge your child to breathe just hard enough that the feather moves but doesn't blow off their hand. Gather other family members to join in. Say, "Inhale, one, two, three, exhale!" and see who can keep their feather on their palm for the highest number of exhales.

Listen to Your Heart

A great way to get your child thinking about mindfulness is to have them focus on something simple, such as their heartbeat. Ask your child to jump up and down 10 times. Then, have them place their hand over their heart. Can they feel their heartbeat? Is it beating fast? Can they count the beats? Ask them to keep feeling their heart and to tell you when the beating starts to slow down. Then, ask how they feel as their heartbeat returns to normal.

Calm-Down Kit

Spend an afternoon building a calm-down kit with your child. Find an empty basket, a shoebox, or a bag, and stuff it full of special things to help your child build their mindfulness and self-management skills. Have your child help decorate the kit in any way that makes them happy—paint, stickers, construction paper, and glitter can make the kit look extra special. The best part of having a calm-down kit is that it provides ways for your child to calm their big feelings on their own—this is a great kindergarten-readiness skill! Here are some ideas for things to add to your calm-down kit:

- magnetic tiles or building blocks
- picture books
- bubbles
- puzzles
- fidget toys
- bubble wrap
- sand timer



Top: Tina Johnson/Shutterstock; Bottom: left: Getty Images; Middle: iStock; Bottom right: iStock.com, iStock

Relationship Skills

What Are Relationship Skills? ♥ Once your child understands both self and social awareness, they can begin to see how these two concepts interact when they start to form relationships with others. Establishing healthy relationships is a fundamental part of emotional intelligence. Children who learn how to maintain positive relationships at a young age are better equipped to manage conflict and cooperate well with others as adults. They also become aware of how their behaviors affect those around them, and they learn to see which traits they value when choosing their own friends. Relationship skills include active listening, clear communication, cooperation, problem-solving, and standing up for others.



Table of Contents:

Each parent guide includes useful tools, meaningful advice, and engaging activities to help parents construct opportunities for social-emotional learning in the moments that make up everyday life. Topics covered include:

- What Is SEL?
- Communication
- Reading Recommendations
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making
- Tips & Tricks

First Friendships

You have probably observed your little one move from independent play to playing alongside someone to eventually playing with another friend or sibling. But as your child begins school, they will move into cooperative play. This means they will need to learn how to share, take turns, communicate, and understand their role on a team, all of which are key SEL skills. The best way to master these social skills is through practice! Consider setting up a playdate for your child. This is easy if they already have friends, but if you are new to the area or are in search of kids your child's age, there are often meet-up groups available that you can find online. Or, you can consider stopping by a free class at your local library or heading to a park to meet new friends. Try to give your child a bit of freedom to direct how the playdate goes. They can choose the activity, snack, or toys for the event. After the playdate, reflect on how it went. Talk to your child about their favorite parts of the day and how they felt. What did they learn?



Awesome Advice

Playdates are meant to be fun (for you and your child)! Be flexible, and keep it short—aim to wrap it up in about one hour.

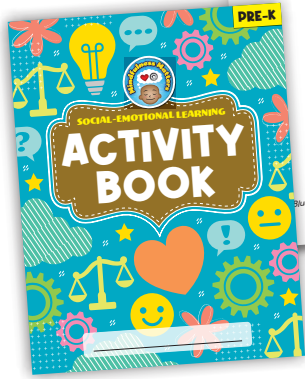
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WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL

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Self-Management

What Is It?

It can be hard to handle your feelings. Sometimes, feelings are so big that it can be tough to control them. Self-management is about being in control of our feelings. You can use tools to help you. You can take deep breaths. You can stretch your body. And you can always ask for help.

I am scared!
I need a hug.



Self-management is about rules. Following rules is important. It keeps you safe. It keeps others safe, too.

My goal is to learn how to read.



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#BSE52034

Social Awareness

What Does Respect Look Like?

Directions: It is important to show respect. Look at each picture below. Are the kids showing respect? If they are, color the thumbs up. If they are not, color the thumbs down.

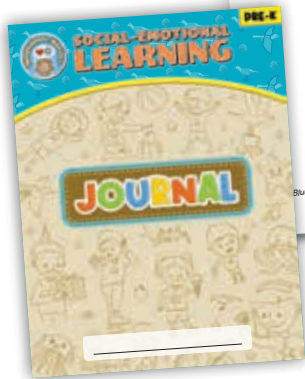


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Self-Awareness

School Days

How did you feel on the first day of school? Circle or write your feelings on the line.



sad



shy



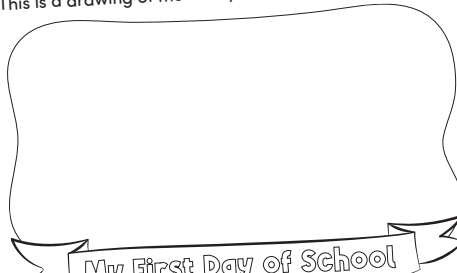
calm



excited

I felt _____

This is a drawing of me on my first day of school.



My First Day of School

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#52035 Social-Emotional Learning Journal

Social Awareness

Respect

You can show respect by being polite and kind. How do you feel when others respect you? Circle or write your feelings on the line.



angry



calm

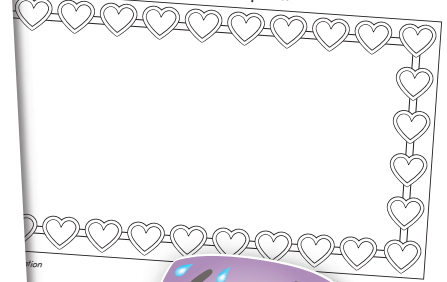


surprised



happy

_____ is a drawing of someone I respect.



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