



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 Working with Others

Working well with others is a great skill to have. You might get along well with your best friend. You choose to spend time with them because it makes you feel happy.



But what happens when you do not get along with someone? It can be hard to get along with everyone. It takes special skills!



Fiction

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

Let's Think!

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

Let's Think!



Think about a time you had to work on a team. Did your team work well together? Were there things you could have done better? Talk about it.



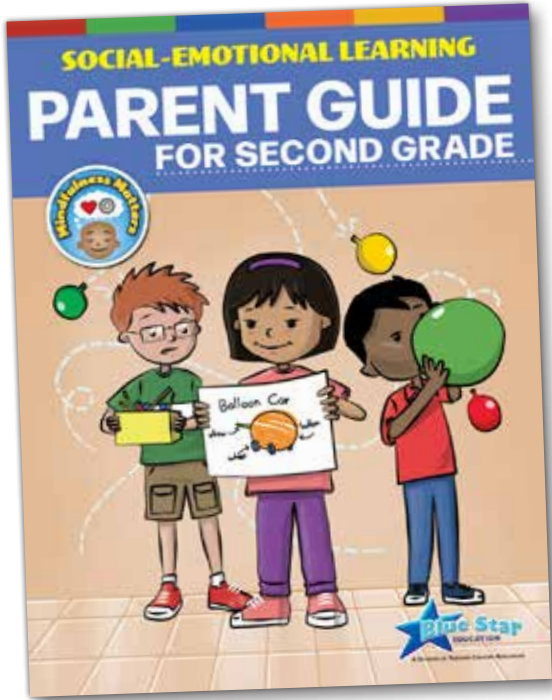
Suri dumped the box of supplies. Bottle caps, rubber bands, straws, and balloons spilled out. "Okay, we need a plan," Suri said softly.

But Taj and Owen **ignored** her. They were blowing up balloons. "We can use these for wheels!" said Taj. Owen agreed.

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-Awareness (cont.)

Tree of Thanks

Children often forget to be grateful for the simple things in life. But understanding how to appreciate and be thankful for the good things in life contributes to one's sense of happiness and well-being. Take your child on a walk and gather some sticks and twigs. You can display them in an empty canister or vase. Then, provide your child (and all family members) with tiny scraps of paper, pens, and string. Encourage everyone to write at least one thing they are grateful for each day and hang it on a branch to create your family's tree of thanks.



Self-Awareness Yoga

Yoga is a great way for your child to focus inward on themselves. Practice the following yoga poses with your child. Encourage them to focus on how their body (and mind!) feels before and after each pose.

Warrior Pose



Have your child stand in a wide stance with their arms extended up. Ask them to lunge forward by bending one knee and turning their back foot at an angle. Tell your child

Chair Pose



Have your child stand with their legs together, and then tell them to imagine they are sitting back into a chair by bending their knees. They will lift their arms to the sky as they hold the pose and breathe. Tell your child to picture how energized and confident they are in this powerful pose.

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



Social Awareness

What Is Social Awareness? ♥ Children who are socially aware are able to demonstrate respect and empathy for others, including those from different backgrounds and cultures. Teaching children to think about what it would be like to walk in someone else's shoes is a key component in being able to feel empathy. Social-awareness activities are designed to get children thinking about others, feeling compassion, showing kindness, and contributing to the greater good of society.



Care Package

Ask your child to think of someone they know who might need some extra cheer (a lonely neighbor, an elderly relative, a sick child, a cousin away at college, etc.). Provide your child with a small box (available for free at the local post office). Have them decorate it and fill it full of items that they think will bring this person joy and comfort. Then, mail or hand-deliver their care package. Some possible ideas:

- books
- coloring book and crayons
- handwritten letter
- homemade artwork
- photos
- puzzles
- snacks or baked goods

The Science of Skin

Explain to your child that the world is full of diverse skin tones and all are equally beautiful. Skin tones are simply adaptations to the environment we live in or that our ancestors came from. Have your child use this knowledge to create diverse dolls. You can buy wooden peg dolls for them to paint or cut out paper-doll shapes from construction paper. Give your child time to explore mixing paint colors to come up with as many skin tones as they can. Explain that every person's skin tone is really a different shade of the same color. Then, have them paint their dolls. Reinforce the idea that the dolls are all made of the same materials. The only difference is their unique coloring. Which doll's skin color looks most like their own skin?



Helpful Hint

If your child seems interested in yoga, check out the Cosmic Kids yoga videos (available on YouTube).



Fig: Wondol/istock.com, Alena Stock/istock.com, iStock



WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL


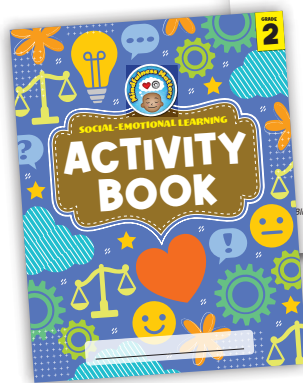
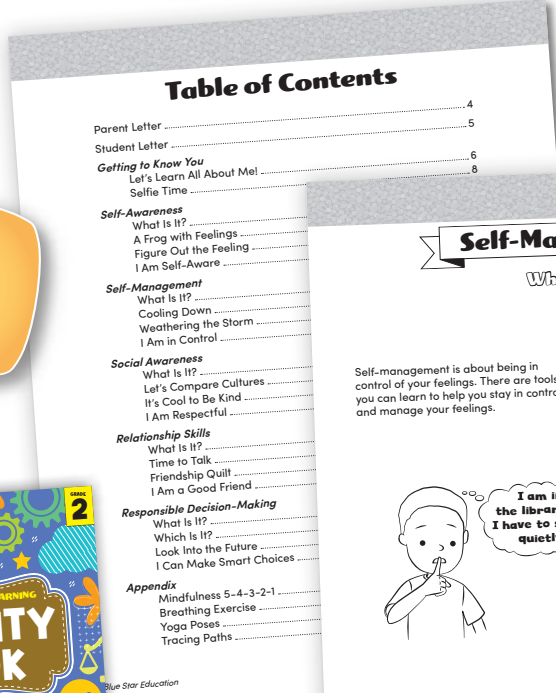

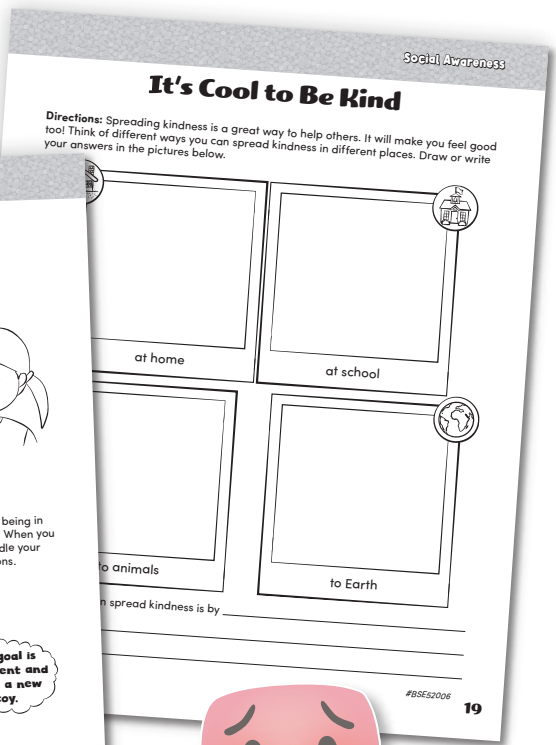








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Self-Management

What Is It?

Self-management is about being in control of your feelings. There are tools you can learn to help you stay in control and manage your feelings.

I will close my eyes and slowly count to 10 so that I won't get too angry.

I am in the library, so I have to speak quietly.

Self-management is about being in control of how you behave. When you are in control, you can handle your feelings in different situations.

My goal is to invent and build a new toy.

Self-management is about setting and reaching your goals. Being in charge of your feelings can help you work hard to accomplish small and big goals.

It's Cool to Be Kind

Directions: Spreading kindness is a great way to help others. It will make you feel good too! Think of different ways you can spread kindness in different places. Draw or write your answers in the pictures below.

at home

at school

to animals

to Earth

spread kindness is by _____


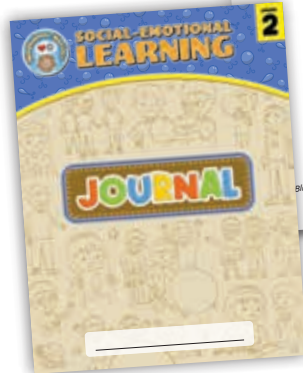
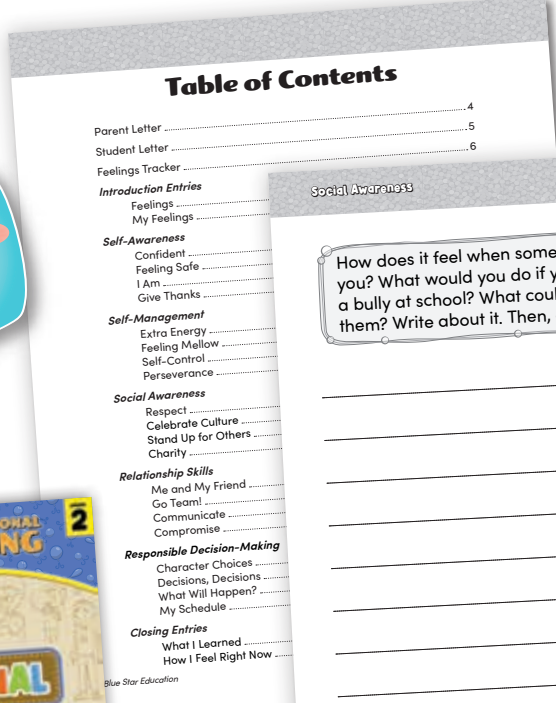
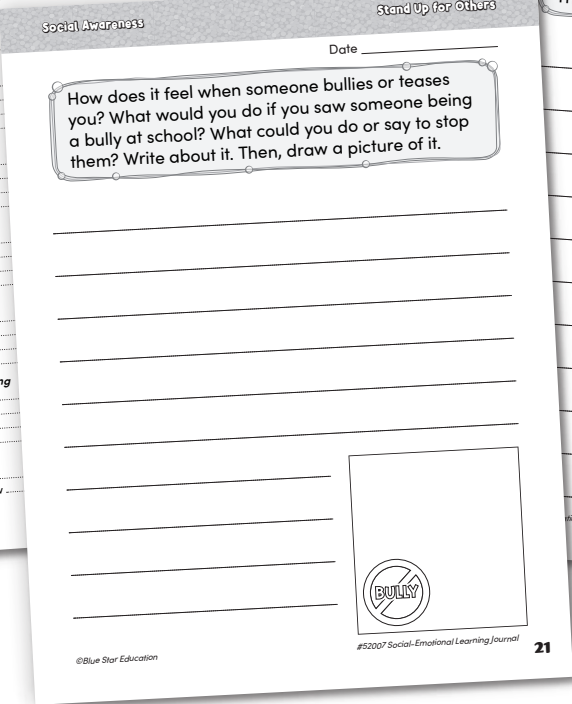
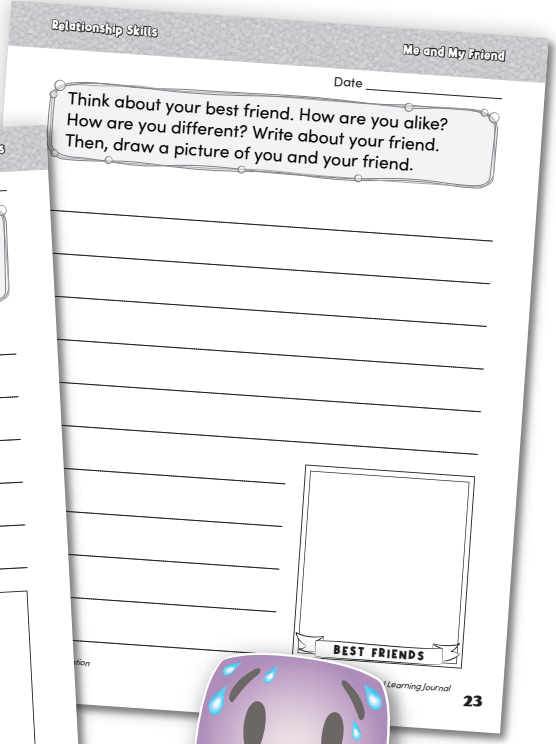








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Stand Up for Others

Social Awareness

Date _____

How does it feel when someone bullies or teases you? What would you do if you saw someone being a bully at school? What could you do or say to stop them? Write about it. Then, draw a picture of it.

Relationship Skills

Me and My Friend

Date _____

Think about your best friend. How are you alike? How are you different? Write about your friend. Then, draw a picture of you and your friend.

BEST FRIENDS