



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 Making Smart Choices



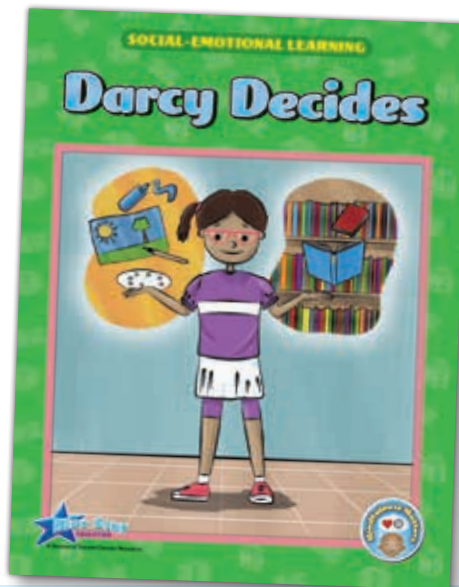
You are faced with endless decisions every day. Some choices are really simple and easy to make. You eat toast for breakfast because it is your favorite. You wear boots to school because it is raining outside. Your parents let you invite one friend over for dinner. You choose your best friend without a second thought!

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But what about when the choices are more difficult to make? This happens when you feel unsure of which choice is the best one. Or it happens when there are some big emotions involved! Your feelings can push you to make a choice too quickly.

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Fiction

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

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 were faced with a difficult decision. Did your emotions make it hard to choose wisely? Do you think you made the best choice? Write or talk about it.

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After the lesson, Mr. Jones told the class that they had a choice to make. They could go to the library, or they could stay and paint with Miss Cruz. Darcy's best friend, Kyra, was bouncing in her seat.

"Darcy, let's stay and paint!" Kyra exclaimed with excitement.

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Darcy worried that her painting wouldn't look anything like what Miss Cruz painted. She didn't want to have the worst painting in the class. Darcy felt confused about which option she should choose.

Help Darcy Decide



Choice 1: Go to the library. Turn to page 14.
Choice 2: Try something new. Turn to page 15.

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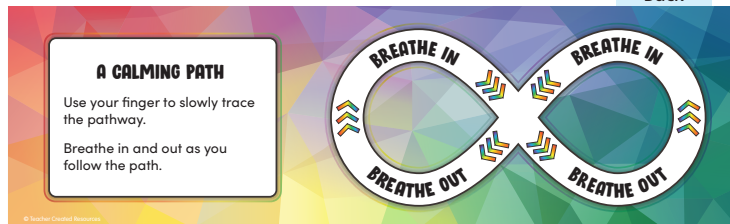
Mood Meter

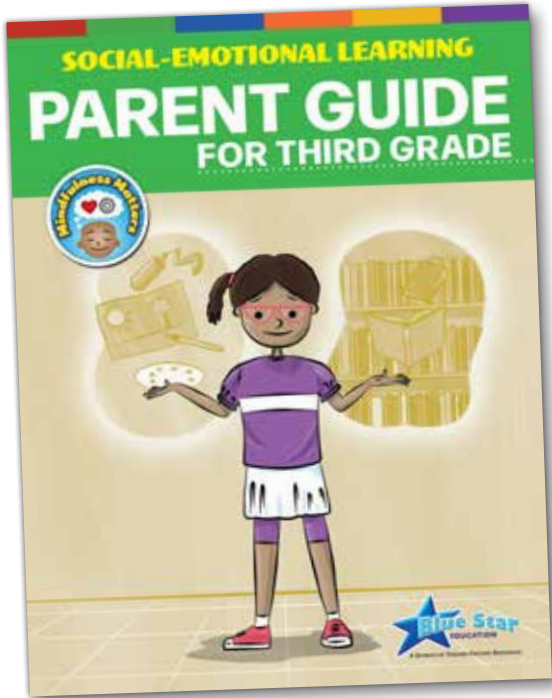
This tool simplifies regular social-emotional check-ins while giving students an opportunity to identify and understand their feelings. The write-on/wipe-off surface makes it a convenient tool for everyday use. The reverse side of the mood meter has a calming activity to promote emotional well-being.

Front



Back





Self-Management

What Is Self-Management? ♥ Once children have an understanding of self-awareness, the next step is self-management. This means that they can identify, regulate, and manage their emotions in different situations. When children learn self-management strategies (such as learning to breathe, being mindful, and pausing and calming down when upset), they understand how to express their emotions in healthy ways, instead of lashing out impulsively. Children who learn self-control can recover more easily from emotional situations, delay gratification, and follow the rules. Setting and accomplishing goals is also linked to self-management.

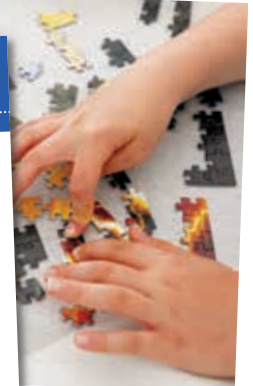


Go on a Sound Hunt

Give your child a notebook and a pen, and have them sit somewhere outside. This can be in your backyard, a local park, an outdoor shopping mall, or even a store parking lot. Have them close their eyes for a moment and just listen to the sounds around them. After a few minutes, have them write down the sounds they heard.

Puzzle Patience

Jigsaw puzzles are a great (and fun!) way to teach patience, promote self-confidence, and encourage perseverance and self-control. You can often find puzzles at garage sales or online. Additionally, many public libraries allow you to check out puzzles! Find a puzzle that interests your child and set aside some time and space for them to work on it. Make sure it is challenging but not impossible. A good goal for your third grader would be a 250-piece puzzle.



Left: Hobbler, Stock; Right: iStock/Stock

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.



Random Acts of Kindness

Create a list with your child (or your whole family) of random acts of kindness that are simple to achieve. Carry the list with you, or place it somewhere in your home where everyone can see it. Each time you check an item off the list, add one more! Here are some ideas:

- Send a care package to a relative or a service member.
- Bake treats for a neighbor or the local fire department.
- Share your time and company with someone who is lonely.
- Read a book to a pet.
- Paint small rocks with kind phrases, then place them around the community.
- Compliment a friend or a family member.
- Pick up litter in your neighborhood.
- Call a grandparent just to say hi.
- Tell a funny joke to cheer someone up.
- Gather food to donate to a food bank.



Hello and Goodbye

Start a list in a Google Doc or on a sheet of paper and have your child list how to say hello and goodbye in different languages. First, list the ones you know off the top of your head. Then, have your child google greetings from other countries. Add these to the list and listen to the online pronunciations together. Challenge your child (and family) to say hello to each other every day in a new way. *Ciao! Au revoir!*



Kindness Comics

Have your child design a comic book all about kindness. They can be the main character and write about an act of kindness that happened in their life, or they can create an entirely fictional story with creative characters. Show your child how to draw panels on a plain sheet of paper to look like a comic book. Remind them that comics show action through pictures, dialogue, and caption boxes. Have them share their comic book with the family and reflect on the power of kindness.

Top: Panchas/Quilo, Stock; Bottom Left: RF Trade, Stock; Bottom Right: iStock/Stock; Middle: iStock/Stock

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



WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL


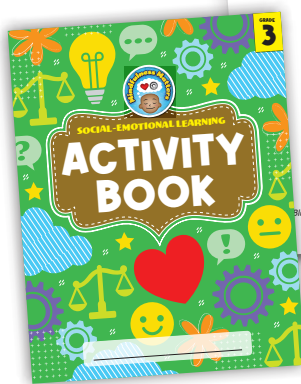
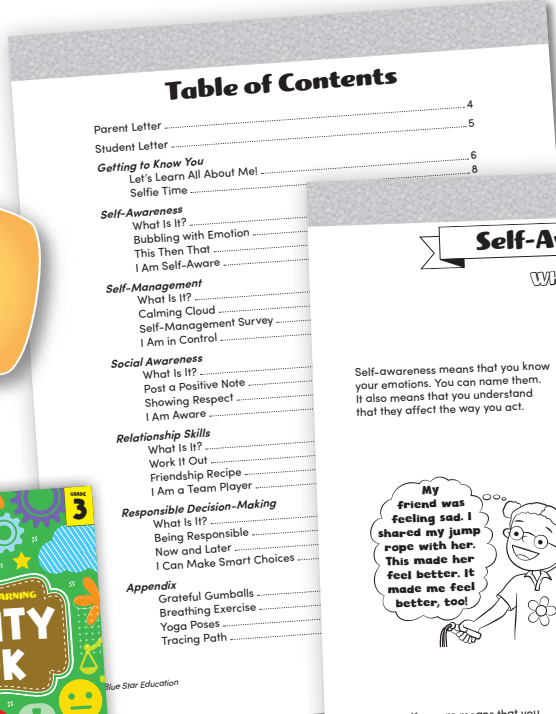

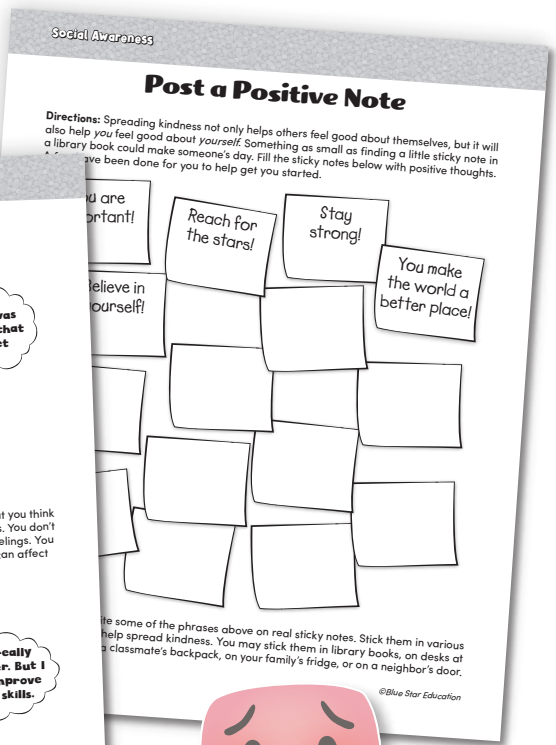








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Self-Awareness

What Is It?

Self-awareness means that you know your emotions. You can name them. It also means that you understand that they affect the way you act.

I yelled because I was frustrated that I didn't get a turn.

My friend was feeling sad. I shared my jump rope with her. This made her feel better. It made me feel better, too!

Being self-aware means that you think about other people's feelings. You don't just think about your own feelings. You know that the way you act can affect the feelings of others.

I am a really good writer. But I need to improve my math skills.

Being self-aware means that you can set and reach goals. It means knowing what you can do well and what you still need to improve.

Post a Positive Note

Directions: Spreading kindness not only helps others feel good about themselves, but it will also help you feel good about yourself. Something as small as finding a little sticky note in a library book could make someone's day. Fill the sticky notes below with positive thoughts. You have been done for you to help get you started.

Reach for the stars!

Stay strong!

You make the world a better place!

Some of the phrases above on real sticky notes. Stick them in various places to help spread kindness. You may stick them in library books, on desks at school, on a classmate's backpack, on your family's fridge, or on a neighbor's door.


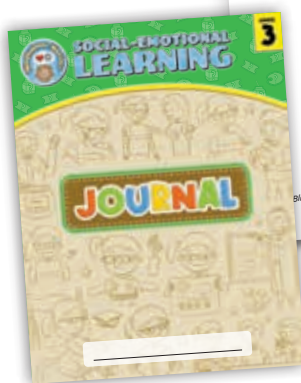
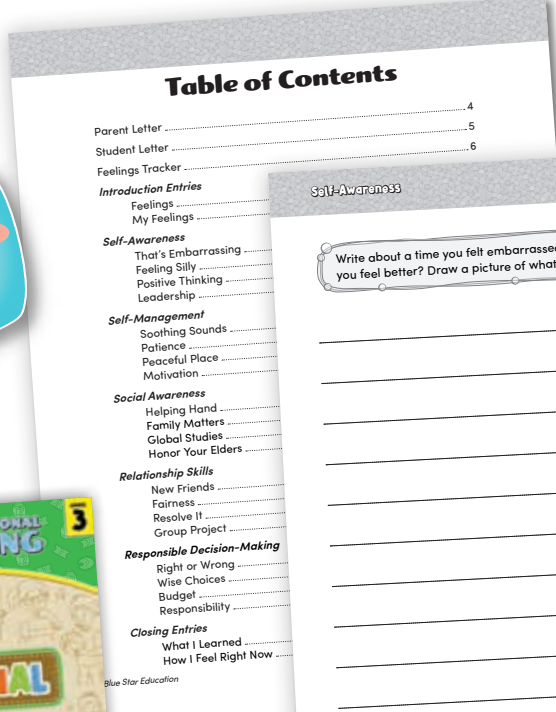
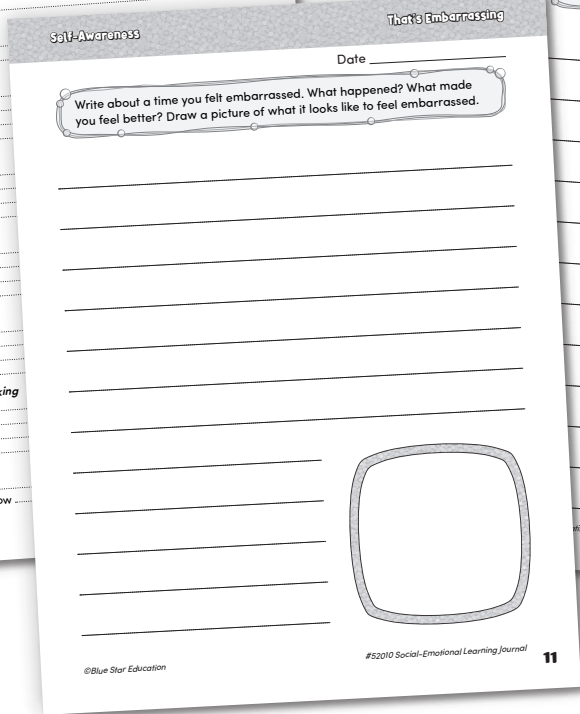
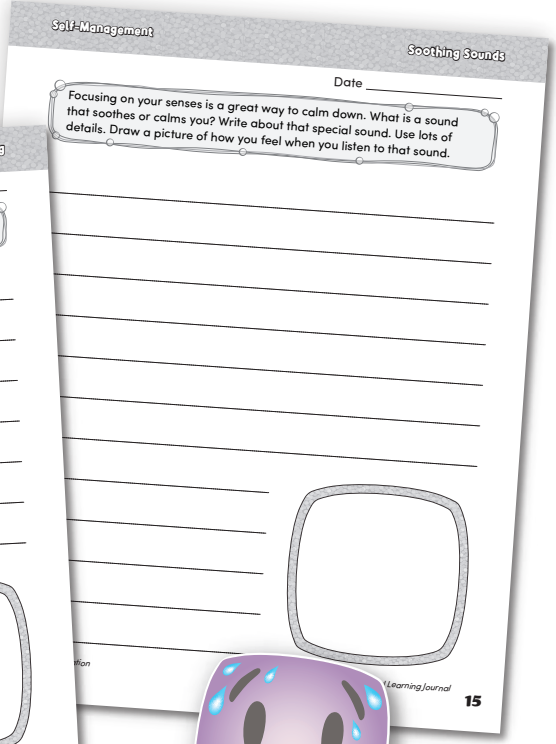








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That's Embarrassing

Write about a time you felt embarrassed. What happened? What made you feel better? Draw a picture of what it looks like to feel embarrassed.

Soothing Sounds

Focusing on your senses is a great way to calm down. What is a sound that soothes or calms you? Write about that special sound. Use lots of details. Draw a picture of how you feel when you listen to that sound.