

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 Respect



You might already know a few things about **respect**. You feel respect when you admire someone for what they do. You might feel respect for a famous leader or a teacher who makes the world a better place. You might have respect for your favorite athlete or author for their skills and abilities.

But respect isn't just for people you admire. Everyone deserves to be treated with respect! To treat someone with respect is to treat them kindly. You can show respect to your friends, siblings, and pets. You can even respect the environment and treat it with care.



Fiction

This book includes a fictional story focused on the social-emotional learning themes of empathy and respect.

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 chose to be respectful. What did you do? Did your kindness and respect help someone else? Write or talk about your experience.



"Why isn't she speaking?" Cordy asked Lino with a look of confusion.

"She doesn't speak much English yet. Remember when I spoke only Spanish? You were so kind and helped me learn English. I promised Mio I would do the same thing for her," said Lino.

Lino and Cordy showed Mio around the playground after lunch. They pointed to each item as they said the English word. Mio listened but remained silent. Isaac ran up holding Mio's lunchbox.

"You forgot this at the lunch table," Isaac smiled.

"Thank you," Mio said slowly and smiled.

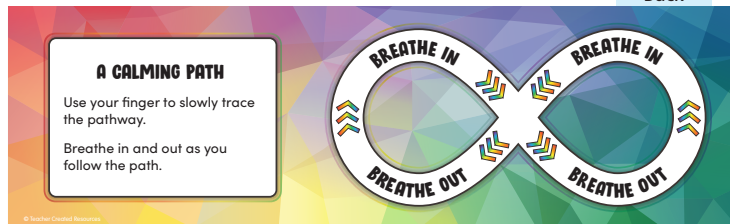
Mood Meter

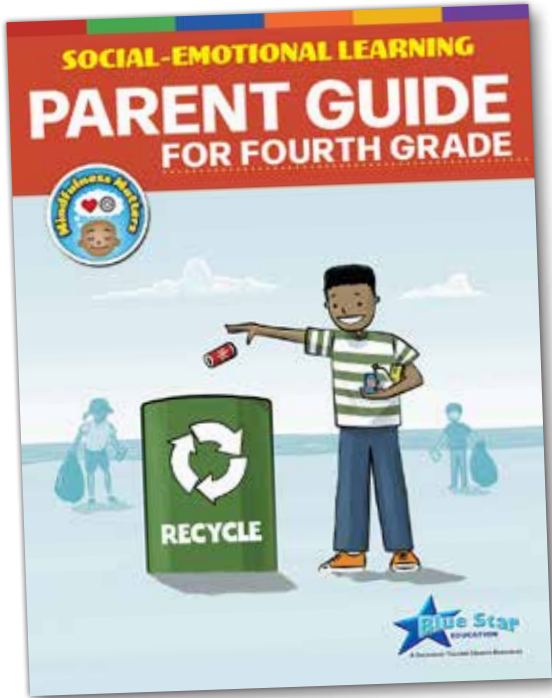
This tool simplifies regular social-emotional check-ins while giving students an opportunity to identify and understand their feelings. The write-on/wipe-off surface makes it a convenient tool for everyday use. The reverse side of the mood meter has a calming activity to promote emotional well-being.

Front



Back





Self-Awareness

What Is Self-Awareness? ♥ Self-awareness is the first step in growing one's emotional intelligence, making this the perfect place to begin. At a young age, children begin to experience a wide variety of emotions. The key to self-awareness is understanding these emotions and how they influence one's behavior. (Easier said than done!)

Another aspect of self-awareness is recognizing one's own strengths and limitations. If your child can acknowledge their strengths, they will feel a sense of identity, value, and confidence. In addition, children who are self-aware know how to set goals and work toward personal growth.



How Feelings Really Feel

Talk to your child about what it feels like to experience different emotions. Feelings are never just in our heads! Our brain sends signals to our body to respond in different ways. A great bonus of being mindfully self-aware is the ability to recognize when our bodies are reacting a certain way and, therefore, doing our best to accept and manage it comes. Grab some sidewalk chalk and do a fun activity that demonstrates this. Have your child lie down and trace the outline of their body (you can trace yours). Then, have your child color and shade the areas of their body that feel that emotion. (For example, nervous in the stomach, and hands.) Continue with different emotions using different colored chalk. Reflect on the experience with your child. Why do they think it is helpful to have a response to different emotions?



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



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.

Mellow out with Movement

Yoga is a great way to calm the body and mind down when you are feeling stressed by big emotions. Practice going through a simple yoga flow with your child. Don't worry if you've never done yoga before—the goal is to simply link breath with movement (no handstands required)! Once they have mastered the poses, encourage them to practice the flow whenever they are feeling stressed or overwhelmed. Here is a simple yoga flow to start you off. Repeat the flow a few times!

Cow Pose

Start on all fours in a tabletop position. Inhale as you drop your belly and gaze up.



Cat Pose

Exhale as you round your back like a cat. Drop your head with your chin close to your chest and feel your navel draw in toward your spine. Inhale and come back to a neutral tabletop position.



Downward Dog

Exhale as you lift your hips to the ceiling and press your heels to the floor. Keep your arms straight with palms pressing down evenly. Inhale as you lengthen your spine.



Child's Pose

Exhale and drop back to your knees, sit back on your heels, round your back, and stretch your arms backward.



Tech Tip

Check out Cosmic Kids Yoga on YouTube for fun yoga flows!

Remember!

All feelings are important, even if the feeling is not ideal or desirable at the given moment. If your child is getting mad or frustrated, recognize the feeling first before trying to change it. Children need validation. Instead of asking your child to stop getting upset or saying that they shouldn't be mad over a silly reason, reassure them that it's okay to feel mad in that circumstance. Then, offer to help them find a solution to soothe their feelings.

Albany, Stock



WHAT'S INCLUDED?: ACTIVITY BOOK & JOURNAL

