



**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 Stress



You wake up in the middle of the night, and your heart starts pounding. Your head aches, your hands are sweaty, and your stomach hurts. You immediately start to panic and think that you must be getting sick, but then you remember that it's the first day of school!



The anticipation of a big event can cause our bodies to feel stress. Worry, anxiety, fear, and sadness are all emotions that can cause stress. When your brain anticipates a stressful event, it tells your body to react.



## Fiction

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

## 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 felt like you were under too much pressure and had to manage your stress. Which stress-relieving strategies helped you the most? Write or talk about what you learned from your experience.

31

### Stop Stressing

"Are you ready for the big math test today?" Sasha asked Alexander as they slid into their seats in Mrs. Anderson's class. Alexander felt his stomach flip-flop and gurgle. He started to feel hot and sweaty, and his heart was pounding in his chest. He studied for an hour with his dad and knew he should feel ready for the test.



10

But math was definitely not his favorite subject. No matter how prepared he was, his worried thoughts would always creep in just as the test would begin. Then, his body would tense up, his mind would feel cloudy, and it was virtually impossible to focus on the test. Sometimes, he couldn't even finish the test and would turn it in incomplete.



11

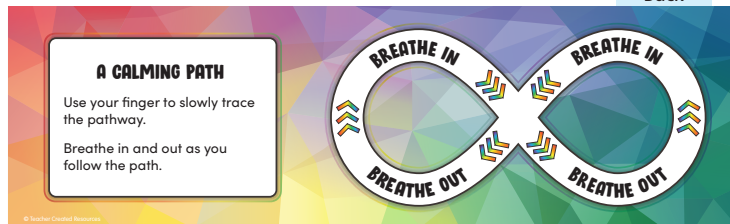
## Mood Meter

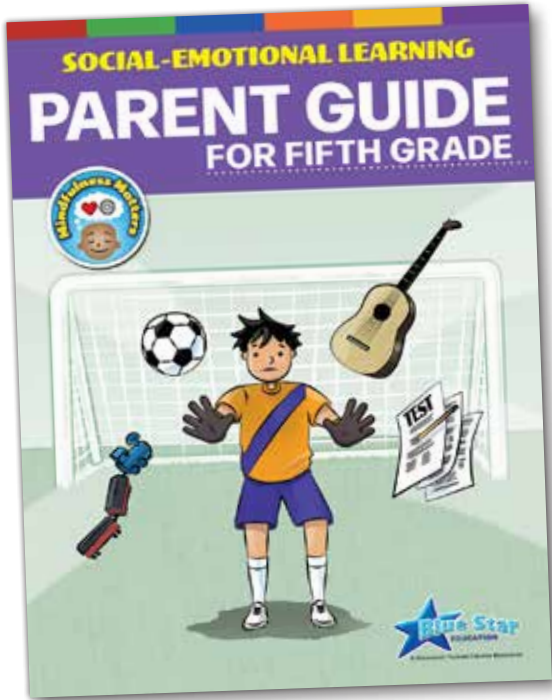
This tool simplifies regular social-emotional check-ins while giving students an opportunity to identify and understand their feelings. The write-on/wipe-off surface makes it a convenient tool for everyday use. The reverse side of the mood meter has a calming activity to promote emotional well-being.

Front



Back





## 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 Recommendations
- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making
- Tips & Tricks



## Self-Awareness (cont.)

### Family Thankful Tree

If your family is feeling crafty, this is a great activity to try out. Work together to create a tree on a poster board or large sheet of paper. Then, have each family member cut out leaves from colored construction paper. Each person will write something they are thankful for and then hang their leaves on the family tree. See how many leaves your family can add to the tree. Your child can be thankful for anything—special people in their lives, their favorite food or book, or an activity they enjoy doing. (If your child is not excited by crafts, simply have them make a list of things they are grateful for. They can type it on a shared Google Doc so that the rest of the family can add the things they are grateful for too!)



### Helpful Hint

Try to find ways for you and your child to recognize and express gratitude daily. Think about asking each family member to share one thing they are grateful for each time you sit down to dinner. Remember that even feeling thankful for the small things can help us feel peace and joy.



### Vision Boards for Success

Talk to your child about what success looks like to them. How do they envision their future? Explain what a vision board is (a visual representation of someone's intentions or goals for the future) and ask your child to create one. You might want to show them a few examples online to spark their creativity.

They can create a vision board on a large poster board or a sheet of paper. They can even just create one in Google Docs or on a computer. Encourage your child to think about the future. Then they will have drawings of anything that helps them visualize their purpose. Anything goes! Once they have their vision board, have them display it somewhere in their room.

### Advice

Magazines are all great materials for a vision board. Or your child can search for images of things they want them out.

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## 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.



### Friendship Is Fantastic!

As your child reaches the upper-elementary grades, friendships can become more complicated. However, these relationships remain extremely important. Ask your child what it means to be a good friend. What qualities do their friends have that they admire? Who is their best friend? Why is that person their best friend? As a bonus activity, ask your child to perform one random act of kindness for their best friend. They could buy their friend a treat, make them a friendship bracelet, or send them a letter in the mail.

### Awesome Advice

Talk to your child about your own friendships and why they are important in your life. Do you have any friends that you have known since fifth grade? How does it feel to have a lifelong friend? Were there any challenges you faced along the way?

18

### Understanding Perspectives

Talk to your child about what perspective means—essentially, it's the way someone sees and understands the world. There are two sides to every story! There are many books out there where an author sets out to tell the other side of the story (usually from the villain's perspective). Check out *The True Story of the Three Little Pigs* by Jon Scieszka. Remind your child that each person views the world in a different way. Our worldview is shaped by our experiences, our preferences, and our personalities. Challenge your child to rewrite one of their favorite fairy tales, novels, or movie plots from a different perspective. Have them share what they learned about the conflict of the story when viewing it from a different character's side.



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