


**FAMILY
TAKE-HOME**

OUR BEST SELVES

Lessons on Social-Emotional Learning With ELA

SOCIAL-EMOTIONAL LEARNING AT HOME

In school, we've been learning about social-emotional skills and how to be our best selves. Use the activities on this sheet as an opportunity to sit down as a family and speak openly about how we can support ourselves and others.



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Mix-and-Match Emotions

Do your family members “read” situations the same way? As a family, take a look at the following situations on the following cards. Discuss which emotion each family member thinks would best match. Does everyone agree? Why do you think people might see the same situation differently?

BONUS:
Draw an
emoji for each
emotion

SITUATIONS

Your family is running late for a doctor's appointment. Once you arrive at the doctor's office, you spend 45 minutes sitting in the waiting room.

Your family has decided to go on a vacation to another state for two whole weeks. You will get to do lots of outdoor activities like camping and hiking while you are there.

You usually spend a lot of time with your close friend, but recently he or she has not been returning your calls. Your birthday is coming up, but you're not sure if he or she remembers.

EMOTIONS

disappointed
bored
content
worried
irritated
thrilled

Keep the Conversation Going!

Conversations at home can be a great way to help children build their social-emotional understanding. Try these conversation starters with your child and other family members:

Managing Emotions

- It looks like you are feeling _____ right now.
- I understand why that would be _____
(frustrating, exciting, disappointing)
- Have you tried...
 - Taking some deep breaths?
 - Writing down how you feel?
 - Exercising?

Providing Support and Empathy

- How do you think he or she is feeling right now?
- Can you remember a time when you felt that way?
- What helps you when you are feeling that way?
- What do you think we should do to help?