

SOCIAL-EMOTIONAL LEARNING AT HOME

In school, we've been learning about social-emotional skills and how to be our best selves.

Learning how to identify and manage emotions helps children feel better, deal with stress better, create stronger relationships, and even perform better in school. Families can support this type of learning at home, too!

PRACTICE THROUGH PLAY: FEELING CHARADES

Make learning about emotions fun by playing a game! **Feeling Charades** can help your child practice identifying emotions and can provide opportunities for deeper conversations.

1. One person will act out an emotion. (Speaking is OK!)
2. The other person will guess the emotion. (Some emotions may look similar—this is a great opportunity to discuss differences and similarities.)
3. Ask if and when your child has felt that emotion. Share your own memory of experiencing that emotion.
4. Talk about what you do to manage that emotion. Emotional management strategies include:
 - Positive self-talk
 - Taking deep breaths
 - Stretching
 - Talking to trusted people
 - Journaling
 - Exercising
5. After the game, talk about the way you want your family to feel and how you can support each other in that.

Use this list of emotions to get started, and feel free to add your own:

relaxed (smile, slower movements, calm voice)

excited (open eyes, smile, fast voice)

lonely (downward gaze, low voice)

frustrated (furrowed brow, huffing voice)

worried (biting lip, clasp hands)



Serious emotions or stories may come up. Make sure your child feels safe and supported.



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