

Social-Emotional Learning

PARENT GUIDE

The following lessons are meant to help improve your child's ability to identify, express, and regulate their emotions in appropriate and HEALTHY ways. Below are some tips that you can do to help reinforce the lessons at home and provide continued learning opportunities to your child.

Instructions

Provide a description of the skill (its importance/rationale), and examples of when and when not to use the skill.



Modeling

Show your child how to perform the skill.

Rehearsal

Practice, practice, practice. Allow your child to practice the skill at home in different scenarios.



Feedback

Provide positive praise for any attempt (correct or incorrect) in demonstrating the skill by your child. If your child engages in the skill incorrectly, provide some gentle corrective feedback.

Lesson 11:

Feeling Overwhelmed and Excited

People are excited about different things...

What makes you excited?

Some of these things may make others feel overwhelmed and scared.

What makes you feel overwhelmed?



Sometimes you can get so excited that you become overwhelmed, which keeps you from being and doing your best.

How do you react to feeling excited and overwhelmed?



EXERCISE

Circle some words that you have felt when you were either excited or overwhelmed:

Scattered Delighted
Energized
Jumpy Emotional
Distracted

Name other words that you've experienced:

Draw what you look like when you feel excited or overwhelmed:

Lesson 12:

LOVE

What does love mean to you?

What are some signs that you might love someone?



https://www.youtube.com/watch?v=bAD2_MVMUIE



<https://www.youtube.com/watch?v=TlODMTlwLw4>

Where might you see examples of love in the world today?



<https://www.youtube.com/watch?v=GxOLA2tPXvU>

When might love become unhelpful?



<https://www.youtube.com/watch?v=m53CG2oLUCA>

Is it wrong for you to love someone who doesn't love you back?

Why or why not?

Lesson 13:

SADNESS

Sadness can tell you a lot of things. It can tell you that you miss someone or something.

What has made you feel sad before?

Have you felt any of these sadness words?

Disappointment Heartbroken
Let down Empty
Depressed
Rotten Unhappy
 Gloomy
Hopeless Grieving



What are some ways that you have reacted to sadness?

Look at the pictures above for examples ^

What helped you when you felt sad before?



<https://www.youtube.com/watch?v=QT6FdhKriB8>

MAKE A PLAN!

Next time you feel sad...what can you do?

Step 1. _____

Step 2. _____

Step 3. _____

Step 4. _____

Step 5. _____