

Social Emotional Learning at Home

Use books to introduce and highlight emotions.

Provide examples of what different emotions can look or feel like. **Ask questions** about the characters in the story (e.g., "How do you think ____ feels? What makes you say that?") to help your child practice empathy and learn about emotions. Use puppets to act out scenes from a book and bring the emotions to life.

Ask

Post a feelings chart somewhere prominent in your home. Using the chart, identify your feelings throughout the day. Encourage your children to use the chart to help them figure out how they might be feeling and what they might need. Invite your child to create their own feelings chart by drawing faces on index cards and making a poster to hang in their room.

Encourage

Share daily highs and lows. On a daily basis (dinner is a great time to do this), share both a high point and a low point from your day about how you felt. This is a great way to deepen family relationships and become more comfortable using feeling words.

Share

Feel

Ask open-ended questions such as, "When did you feel happy today? What made you feel worried today? When did you feel grateful? Can you tell me about a time when someone was kind to you today?" These questions can help your child think about their day in relation to their feelings. Model being a good listener by rephrasing your child's responses.



Express

Create and use an art journal to keep track of ideas and process feelings. Model how to use a sketchbook style journal to express your feelings through different artistic modalities (painting, drawing, collage) and provide time to work side-by-side or collaboratively with your child.

Acknowledge

Acknowledge feelings using phrases such as, "It seems like you are feeling disappointed to leave the playground. It can be hard to leave before you are ready," or "You looked really happy riding your bike this morning." Invite your children to hear feeling words used in relation to their own experiences and allow them to agree or disagree, while helping them to share how they feel.