

Social Emotional Learning for Home & School

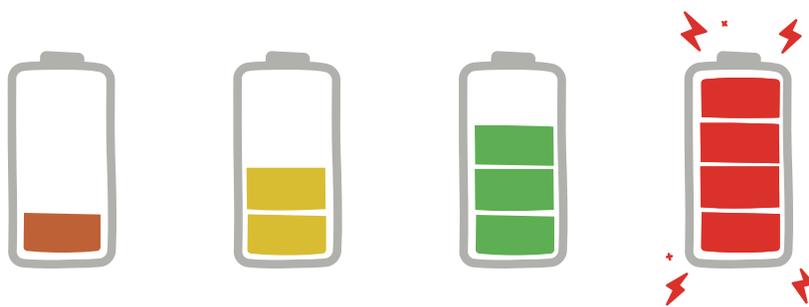
Because Every Child Deserves to Feel Seen and Supported

Adults, please read these steps out loud and **practice with your child or student.**

First: Pause. Sit up tall. Roll your shoulders back. Breathe in for the count of four, 1-2-3-4. Breathe out for the count of four. 1-2-3-4. Take a moment to notice how you feel.



Then: Point to the battery that shows how much energy you have at the moment.



Next: Point to the face that best describes how you feel.



Last: Pick a practice that can help you.

Write & Rip

Take 3 deep breaths.

Write down something that is upsetting you.

Rip it up and throw it in the trash.

Draw & Share

Take 3 deep breaths.

Draw down something that makes you happy or that you are grateful for.

Share your paper with others.

Listening Breath

Sit quietly and listen for a noise outside.

Focus on that noise for 60 seconds as you breathe in and out.

Close your eyes, if you feel comfortable.

Smile Doodle

In 60 seconds, create a smiley face.

Take 3 deep breaths when your doodle is complete.

Share your doodle with someone who needs a smile today.

Paper Squeeze

Wad up a piece of paper and place it in the palm of your hand.

Squeeze the paper tightly for the count of 5, then release.

Repeat 3 times.

When do I do this?

Anytime your child or student:

- needs to make a positive choice about their behavior
- has a tantrum, is crying or has high energy
- is displaying signs of stress, anxiety or worry

What can I say to support my child or student?

“Thank you for sharing. I know it is not always easy to share how you are feeling and I want you to know I am here for you anytime you want to talk.”

“Thank you for sharing. It is okay to feel _____. Let’s pick a practice (see below) to do together. This will help you process what you are feeling.”

Where can I find more free activities?

bit.ly/MindfulMinutes

YouTube playlist of students doing mindful practices for your kids to practice and share

bit.ly/MP_Resources

Mindful activities, printouts and books