

Learning Grid – Social and emotional skills

This grid provides you with some ideas on how to support your social and emotional learning from home.

<p>Draw about how you feel today.</p> <ul style="list-style-type: none"> • Name your emotion – are you happy, sad, excited, nervous, surprised? • Try to write that word for your emotion – sound it out • Think about why you might feel that way 	<p>Call a family member:</p> <ul style="list-style-type: none"> • Talk about your day • Ask about their day • What was their favourite part? • Can they tell you a story from their past? • Tell them a joke 	<p>Do some colouring in to relax for the afternoon.</p> <ul style="list-style-type: none"> • Breathe in and out calmly while you colour • Choose colours you like to look at • Feel your finger muscles as they hold the pencil 	<p>Complete a random act of kindness for a member of your family. You might:</p> <ul style="list-style-type: none"> • Help with dinner • Put away the dishes • Set the table • Tidy a mess without being asked • Pick some flowers from the garden 	<p>Move your body:</p> <ul style="list-style-type: none"> • Go for a walk or bike ride around your yard • Ask an adult to look up Cosmic Kids Yoga for a quiet activity • Play a sport with a sibling or member of your household
<p>Perform a song or dance for your family.</p> <ul style="list-style-type: none"> • Can you make up your own dance moves or lyrics? • Can you retell a story through song? 	<p>Play with your pet or make a pretend pet.</p> <ul style="list-style-type: none"> • What does your pet like to do/eat? • What is their name? • How old are they? 	<p>Compliment someone in your household:</p> <ul style="list-style-type: none"> • How do you think it made them feel? • How did it make you feel to pay a compliment? 	<p>Get outside:</p> <ul style="list-style-type: none"> • Water your garden • Throw a ball to your dog • Find shapes in the clouds • Listen for birds 	<p>Play games to practice turn taking/sharing:</p> <ul style="list-style-type: none"> • Noughts and crosses • Board games • Ball sports