SOCIAL EMOTIONAL LEARNING GRADES 3-5

Remote Learning Activities

Expect great things.

Pittsburgh Public Schools
Dear Family/Caregivers,

Mindfulness is an important part of Self-Care. Mindfulness provides a way to nurture a sense of quiet inner peace, improve one's ability to learn, and promote deeper and more meaningful relationships. Studies show that the practice of mindfulness helps students focus better, leading to increased learning, improved mental health and well-being, and better decision-making and social skills. Students learned to practice mindfulness through deep breathing and listening to the sounds in his/her environment.

At home, you can have your child practice deep breathing and listening. Remember to have him/her slowly count to 5 as he/she breathes in and out. Have your child close his/her eyes and sit still when he/she is practicing focusing on listening. When your child is done practicing listening, ask him/her what he/she noticed and how he/she felt. Some ways that your child can practice include:

- Listening to different types of music.
- Listening to an audiobook.
- Going outside.
- Going to a place like a library or museum or restaurant.
- Sitting in the kitchen while someone is making a meal.
- Laying in bed or on the sofa at home.
- Riding in a car, bus, train, or airplane.

Taking deep breaths can help us to remain calm which improves decision making, problem solving, and focus. Learning to focus on 1 thing at a time, like listening, teaches our mind to block out unnecessary distractions and helps us think more clearly. It is also helps us to appreciate being in the moment and aware of what is happening around us.

Sincerely,

Your Child's Teacher
Thought Clouds

ABC
Dear Families/Caregivers,

Resilience is the ability to manage and recover from daily setbacks and adversity. It is the inner resolve that although a situation may be out of the person’s control, he or she can control his or her perception and response.

We learned strategies for managing emotions to build resilience. Some strategies include:

- Accept Your Feelings.
- Calm Your Brain.
- Use Positive Self-Talk.
- Focus on the Good.

Here are some things you can do to help your child be more resilient:

- Don’t shelter your child from everyday frustrations. Give him or her an opportunity to persevere in order to develop resiliency.
- Provide a model for your child by talking to your child about your emotions and how you manage them.
- Encourage your child to take safe risks. Trying new things helps to build resiliency.
- When your child expresses negative feelings or experiences a setback, talk with your child about strategies to bounce back from negative feelings.

Sincerely,

Your Child’s Teacher
**Strategy 1: Accept Your Feelings**
Remind yourself, all emotions are okay!
Think: *It’s okay I’m feeling this way.*

**Strategy 2: Calm Your Brain**
Take a few slow, deep breaths.
Think: *I can calm myself and choose how to act.*

**Strategy 3: Use Positive Self-Talk**
Change your negative thinking to positive thinking.
Think: *I can do this!*

**Strategy 4: Focus on the Good**
Name three things that are going right.
Think: *There’s always something to be thankful for.*
The Situation
Write about a situation that upset you.

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Bounce Back!
Write about how you used (or could have used) the strategies to feel better.

Accept Your Feelings
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Calm Your Brain
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Use Positive Self-Talk
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Focus on the Good
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Activity © rethinkEd 2020
Be a Resilient Kid

Be Resilient!

Be Resilient!

Be Resilient!

Place cards here

START
<table>
<thead>
<tr>
<th><strong>Think Positive</strong></th>
<th><strong>Calm Yourself</strong></th>
<th><strong>Smile More</strong></th>
<th><strong>Be Optimistic</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tell about a time you used positive thoughts to get through a difficult situation.</td>
<td>Tell about a time you took deep breaths to get through a difficult situation.</td>
<td>Tell about a time you were able to smile while going through a difficult situation.</td>
<td>Tell about a time you were optimistic while going through a difficult situation.</td>
</tr>
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<tr>
<th><strong>Enjoy Friends and Family</strong></th>
<th><strong>Move More</strong></th>
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<tbody>
<tr>
<td>Tell about a time an adult helped you to get through a difficult situation.</td>
<td>Tell about how you used exercise to feel better when you were feeling down.</td>
<td>Tell about a mistake you made that you learned from.</td>
<td>Tell how you could think positively if you found out that your best friend is moving.</td>
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<td>Tell how you would calm yourself if you lost an important game.</td>
<td>Tell about something that made you smile this morning.</td>
<td>Tell how you could be optimistic after doing poorly on a test.</td>
<td>Tell about a time a friend helped you to get through a difficult situation.</td>
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<td>Tell about a time you used exercise to feel better when you were feeling sad.</td>
<td>Tell about a time you made a mistake and now think it was funny.</td>
<td>Tell how you could think positively if your dog was missing.</td>
<td>Tell how you would calm yourself if you got in trouble for something you didn’t do.</td>
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<td>Tell about something that made you smile yesterday.</td>
<td>Tell how you could be optimistic after missing the bus.</td>
<td>Tell about something fun you did with a friend.</td>
<td>Tell about your favorite way to get exercise.</td>
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<tr>
<td>Close your eyes and picture a happy place. Tell about the place.</td>
<td>Breathe slowly while counting to three. Then exhale slowly for the count of three.</td>
<td>Tell about something that makes you smile.</td>
<td>Tell about something good that happened this morning.</td>
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<td>Tell about the person you talk to most when you have a problem.</td>
<td>Tell about how you moved your body yesterday and how it made you feel.</td>
<td>Tell about time you thought you had made a big mistake but it turned out it wasn’t that big of a deal.</td>
<td>Tell how you could think positively if you broke your favorite toy.</td>
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<td>Tell how you would calm yourself if you forgot your homework at home.</td>
<td>Tell about something that made you smile while playing with your friends.</td>
<td>Tell how you could be optimistic when you are having your least favorite food for dinner.</td>
<td>Tell about a time a family member helped you to get through a difficult situation.</td>
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<td>Tell about how you could exercise to feel better if you were feeling angry.</td>
<td>Tell about something you couldn’t do last year that you can do now.</td>
<td>Tell how you could think positively if your friend was mad at you.</td>
<td>Tell how you would calm yourself if a family member made you mad.</td>
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<td>Tell about something about a family member that makes you smile.</td>
<td>Tell how you could be optimistic when you’re not feeling good.</td>
<td>Tell about something fun you did with your family.</td>
<td>Tell about your favorite way to get exercise when you can’t go outside.</td>
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Be a RESILIENT KID

- Think Positive Thoughts
  Think about the good things!

- Be Optimistic
  Think about what’s going right!

- Calm Yourself
  Breathe! Take a deep breath.

- Smile More
  Smiling makes a person happier.

- Enjoy the People Around You
  Your friends and family can help you through the tough times.

- Accept Mistakes
  Mistakes are okay! Mistakes are a part of learning.

- Move More
  Exercise keeps your body and brain healthy.
Anatomy of a Resilient Character

How did the character THINK POSITIVELY?

How did the character CALM HIM/HERSELF?

How did the character SHOW OPTIMISM?

How did the character ACCEPT HIS/HER MISTAKES?

How did the character MOVE MORE?

How did the character ENJOY FRIENDS AND FAMILY?

How did the character SMILE MORE?

Draw the character.
Dear Families/Caregivers,

Your child’s belief in his or her ability to learn has a greater impact on academic success than his or her intelligence. Helping children develop a growth mindset, positions them on a path for success.

We’ve been learning that while we all have strengths and things we’re naturally good at, learning takes hard work and practice. Here are some strategies we learned to keep going even when something is difficult or frustrating:

1. Set a Goal. What do you want to do? Make a plan and write it down. Having a goal reminds yourself what you are working for.
2. Watch Your Words. Remove the word can’t from your vocabulary or add the word yet.
3. Do Just a Little Bit More. When you feel like you want to quit, do a little bit more.
4. Give Yourself a Break. Everyone needs a break. Take time to do something you enjoy. Return to your goal refreshed and ready to go.

Think about something you’ve learned to do that took hard work and practice. What strategies did you use to keep going? Share your struggles and successes with your child.

Additional activities that you can do with your child:
- Talk with your child about his or her strengths and the areas that take work. Encourage your child to pick one or two of the strategies to try.
- Help your child set a goal and make a plan for achieving the goal.

Sincerely,

Your Child’s Teacher
Step 1: **Set a goal.**
Make it challenging.

Step 2: **Make a plan.**
What will you do to reach your goal?

- **A goal without a plan is just a dream.**

Step 3: **Work your plan.**
How did you work your plan?

- **Do just a little bit more.**

Step 4: **Reach your goal.**
Tell how it felt and how you celebrated reaching your goal!

- **Celebrate!**