SOCIAL EMOTIONAL LEARNING GRADES
PRE K- 2

Remote Learning Activities

Expect great things.
Pittsburgh Public Schools
Dear Families/Caregivers,

Mindfulness is the awareness and acceptance of the present moment. Developing a practice of mindfulness nurtures a sense of quiet inner peace, improves one’s ability to learn, and promotes deeper and more meaningful relationships. Studies show that a practice of mindfulness helps students focus better, leading to increased learning, improved mental health and wellbeing, and better decision-making and social skills.

In this lesson students learned the mindful practice of focus breathing. Students were encouraged to sit quietly and breathe deeply, focusing on their breath.

Here are a few ways that you can encourage your child’s mindful practice:

• Provide a model for your child by practicing mindfulness for yourself.
• Have your child lay down and place a stuffed animal on his or her tummy. Encourage your child to breathe normally and notice how the stuff animal moves up and down.
• Before your child starts his or her homework or other activity that requires focus, encourage him or her to quiet his or her mind and breathe.

Encouraging your child to be more mindful and by focusing on the moment will help him or her quiet his or her brain and feel calmer. This will result in helping him or her feel happier and more relaxed.

Sincerely,
Your Child’s Teacher
Mindful Sensing

Lead the students through a mindful practice where they will use their senses to focus on a food item. Do not read the text in the parenthesis.

Let’s begin by relaxing where you are. Sit up straight with your shoulders down and your chin up. Place your hands on your belly. Take a deep breath and feel your belly rise (Pause) and exhale. Let your belly go back to its normal position. (Repeat taking three deep breaths.)

Now pick up the food. (Pause.) Think about how it feels. (Pause.) Is it cold? Is it warm? Is it soft? Is it smooth? (Pause.) Take a moment to notice how the food feels. (Pause.)

Look at the food. (Pause.) What does it look like? What color is it? What shape is it? Take a moment to notice how the food looks. (Pause.)

Smell the food. (Pause.) What does it smell like? Does it smell nice? Take time to notice how the food smells. (Pause.)

Now take a small bite of the food and chew it slowly. (Pause.) Listen as you chew. Do you hear a sound? Notice what you hear. (Pause.)

Now focus on the taste. (Pause.) How does the food taste? Does it taste sweet or sour? Does it taste salty? Notice the taste of the food. (Pause.)

Finish eating the food as you continue to notice how the food tastes. When you’re done, sit quietly while others finish. (Pause until everyone finishes eating their food.)
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 to reframe problems as challenges to develop autonomy. Some strategies include:

- Think, I can learn something new.
- Think, I can get better if I keep practicing.
- Think, I can think about this in a new way.
- Think, I can ask for help when I need it.

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, showing how you look at problems as challenges.
- Encourage your child to take safe risks. Trying new things helps to build resiliency.
- Remind your child that it’s okay to ask for help.

Sincerely,
Your Child’s Teacher
How to Turn a Problem Into a Challenge!

- When something seems really hard, I can learn something new!
- When I'm not good at something, I can keep practicing!
- When something isn't working, I can think in a new way!
- When something seems impossible, I can ask for help!
Dear Family/Caregivers,

Growth mindset means that you believe that you control your own abilities and that you can learn and improve at things. Having a growth mindset improves self-esteem and independence and improves relationships with others. It gives us the confidence to try new things and take on challenges. It means that we understand that we are not good at everything but that we can get better. People who have a fixed mindset, rather than a growth mindset, believe that they can’t control what happens to them and that they are just not good at certain things and cannot improve. People with this mindset hold themselves back from success.

In this lesson, children are learning to try and improve at new leisure activities.

Students were taught about different types of leisure activities and chose new activities to try and were taught how to improve their abilities in the new leisure activities.

Suggested activities with your child:

- Find a new activity that your child has not tried before and work with him/her to try the new activity and help your child learn the skills to improve in the new activity. Examples: sports, riding a bike, swimming, hiking, new game, new type of toy, art, music, different type of books then he/she typically reads, etc.

Sincerely,

Your Child’s Teacher
I CAN DO THAT!

Instructions: Circle the things that you know how to do.
Instructions: In each box, write down something that you can try.

Something New at Recess:

A New Toy:

A New Art or Music Activity:

A New Game:
Instructions: In each box, write down something that you can try.

A New Place:

A New Sport:

A New Book:

A New Food:

What are you going to try?

____________________________________

How many times did you try it?

____________________________________

Did you like it?

____________________________________

Will you do it again?

____________________________________
We Can Do It!  We Can't Do It YET!

wash hands  tie shoes

count to ten  ride a bike

clean up  read a big book

We Are Growing! Cards (page 1 of 2)
write my name

drive a car

dress myself

buy my clothes

brush my teeth

cook by myself

climb on bars

climb a tall pole
SEE HOW I’ve GROWN!

by

Every day I learn new things.
Today I learned
When I was a baby I couldn’t

Now, I can ____________
When I was a baby I couldn’t __________

Now, I can __________
Now, I can’t ______________

____________________

When I’m older, I will

____________________