

Social and Emotional Learning (SEL)

Social Awareness: Talking Through Our Stress !

Overview:

Stress is a natural part of life and everyone at some time in their life will experience stress or pressure we feel in situations we do not understand or cannot explain. Children need to know that stress is a reaction to situations that maybe difficult or challenging. One thing that is important to do when we feel stress is to share our concerns with others It is important for children to know they can express their feelings with someone they trust.

Objectives:

Child will be able express them to someone they trust.

Children will participate in activities that they can do when feeling stressed or worried.

Child Goals:

I can share my feelings with someone that I trust.

Vocabulary:

Trust

Learn- 5 minutes

It is important that we talk about our feelings with someone that we trust. When we hold our feels and emotions inside, it can be harmful to us physically and emotionally.

Discussion Questions:

- Who is someone that you know cares about you?
- Share something that is important for me to know about you?
- When something is hard at school, who do you tell?
- When something is difficult for you to do at home, who do you ask for help?

Practice-10 minutes

Draw an activity they would like to do with family or friends that will make them happy on the “Happy” activity page or on a sheet of paper.

Draw a picture of them talking with one person or a group of friends? Let them explain where they are and/or when the event taking place.

Let them draw a picture of time that they were sharing something that made them sad on the back on the Happy activity page or sheet of paper.

Adapted from RethinkED

Resource

Draw Your Favorite Happy Activity

<https://www.rethinked.com/core/api/workArea/Sel/PrintResources>



Deeper Dive – 5 to 10 minutes

1. All your student to share about how they are feeling about not being at school? Give them some positive things to think about if they are sad or worried.
2. Draw a picture of you doing your favorite activity. Allow student to draw/color the picture.
3. If possible, do the activity with your student (activity that they drew). After spending time with your child, talk about the experience. What did they like?
4. Parents take a dance break with your child(ren). Allow them to select a song that makes them happy and everyone dance and move around to the music
5. Allow students to make up a movement and then you do copy the movement. Next parent you create a movement and they allow you student to copy your movement.

Resource

Other things to consider:

- Choose physical activities that the student enjoys. For instance, if they love sports, use balls for the exercises.
- If student has sensory issues with sound and does not like music, replace dance with something more calming, such as yoga poses.

Tip: Talk to your Child on a regular basis about who his or her “stress”. This will give you a window into who your Child trusts to help him or her in times of stress, which will better help you help your Child better manage his or her emotions during stressful times in his or her life.