

Social and Emotional Learning (SEL)

15 Tips for Mindful Parenting**Try:**

- Eat dinner together as a family
- Do “feelings” check-ins with kids and SELF (What was the high and low of your day?)
- Put your phone down for 45 minutes and engage with your children
- Play a card or board game together
- Do a puzzle together or go for a walk after dinner
- Try something your child likes for 10 minutes before bed
- Blow bubbles and focus on breathing
- Play tic-tac-toe or hangman
- Let your child teach you 1 thing they learned in school
- Make an ice cream sundae together
- Have them help you cook a meal (homemade pizza is cheap and easy!)
- Listen to their favorite song LOUD and sing and dance
- Share one thing you are thankful for each day
- Talk with your child about a goal you want to achieve and ask them about their goals