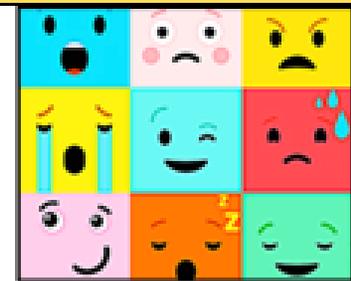


# My Social-Emotional Learning Calendar



## Monday

In the time of social distancing, families are spending most of their time inside together. As a result, it is common for family conflicts to occur, especially between siblings. Children need adult guidance to learn that their actions have an impact on others and ways to manage social conflicts.

Here is a social story called *"We Can Be Problem Solvers"* available in [English](#) and [Spanish](#).

## Tuesday

Teaching children to regulate their behavior is one of the most important character traits we can teach. Experts believe that children who master self-regulation become masters of their learning, are more critical thinkers, and make healthier choices; and the benefits are life-long.

Here is a video introducing self-regulation and games to play to teach skills:  
[Five fun games to Teach Self-Regulation](#)

## Wednesday

Children need the help of adults to practice manners and appropriate behaviors. *"Good Behavior Games for Preschoolers"* includes activities like Build-a-Train, The Cheer-Up Game, The Hot or Cold Game, and I Spy that help children practice positive behaviors such as honesty, patience, responsibility, and compassion. Most activities use materials you may already have at home.

[Good behavior games](#)

## Thursday

An easy way for children to dip their toes into mindfulness is through body poses. Tell them that doing fun poses can help them feel strong, brave, and happy. In a quiet space, walk your child through one of these poses:

-*Superman*: stand with feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible

-*Wonder Woman*: stand tall with legs just wider than the hips and hands or fists on the hips. Ask how they feel after a few rounds of trying either or both poses. You may be surprised!

[Adapted from www.PositivePsychology.com](http://www.PositivePsychology.com)

## Friday

It can be difficult for children to be away from their friends right now when playdates are not possible. Have your child join Elmo and his friends on Sesame Street for a virtual play date filled with singing songs, playing games, and taking silly dance breaks. This gives your child the opportunity to play and learn with new friends from the safety of your home.

Search YouTube for *"Elmo's Playdate Special"* or click here: [Elmo's Virtual Playdate](#)

## Caregiver Self-Care Tip

Self-care using the 5 senses - Take time each day to engage each of your senses

-Vision: visualize a safe, relaxing, beautiful place you would like to be

-Hearing: imagine or listen to relaxing sounds or music; sing!

-Smell: go outside and breathe in fresh air, light a favorite candle, or burn incense

-Taste: eat a favorite food, drink a cup of coffee or tea

-Touch: take a bath or shower, stretch your muscles, hug a family member or pet