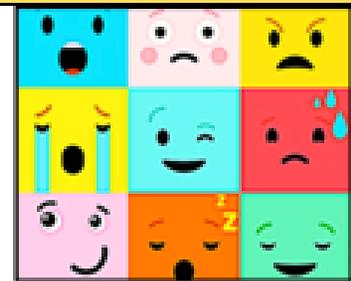


774 Social-Emotional Learning Calendar



Monday

Many children are unsure why they cannot go outside or see their friends right now. If appropriate for your child, do not be afraid to discuss the facts of the coronavirus with him or her. Be reassuring and focus on what your family is doing to stay safe.

For two preschool-level social stories you can read to your child about coronavirus, search for the following in your web browser:

- (a) ["Autism Educator Coronavirus Social Story"](#)
- (b) ["Mindheart COVIBOOK" \(English and Spanish\)](#)

Tuesday

A key social-emotional skill is the ability to recognize feelings in oneself and others. Throughout the day, label your child's positive and negative feelings to expand his or her emotional vocabulary. Label your own feelings, as well as those of book or cartoon characters. Discuss why people feel the way they do.

For visuals you can use to help your child recognize emotions, search "NCPMI This is How I Feel Today" in your web browser (available in [English](#) and [Spanish](#)).

Wednesday

It is common for young children to exhibit challenging behaviors when their daily routine is significantly altered. For ideas on how to manage your child's challenging behaviors at home, search: ["Handling Your Child's Challenging Behavior at Every Age"](#) in your web browser (available in English and Spanish).

Thursday

Deep breathing is a helpful coping strategy for adults and children alike. Stress causes increased heart rate and fast breathing. Taking deep breaths sends a message to our brain that we are relaxed. PBS Kids developed the following videos to teach young children deep breathing. Watch and practice with your child.

- [Belly Breathe](#) Sesame Street (1:54)
- [Daniel is Calm on the Trolley Daniel Tiger](#) (1:24)
- [Calming Down Strategy Song Daniel Tiger](#) (1:04)

Friday

Children do not naturally understand how to manage strong emotions such as anger or frustration. They need to be explicitly taught coping and self-calming strategies. In your web browser, search "Tucker Turtle Takes Time to Tuck and Think at Home" to find a social story you can read with your child. Children will learn to tuck in their shell and take deep breaths to calm down like Tucker Turtle.

The story is available in [English](#) and [Spanish](#).

Caregiver Self-Care Tip

Establish an at-home routine for you and your child. Prioritize healthy choices such as eating properly, getting enough sleep, and staying physically active. Reconnect with friends online or over the phone, and explore hobbies you enjoy such as cooking or reading. Most importantly, be kind to yourself. Avoid burnout by setting realistic expectations. Remember you are doing the best you can.

***You can't pour from an empty cup.
Take care of yourself.***