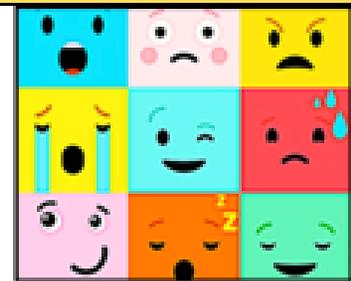


May Social-Emotional Learning Calendar



Monday

Children need extra understanding and emotional support during this time. The way children show sadness may look really different right now. Follow this [link](#) to learn many ways children express sadness.

COVID-19 has changed many things about our daily lives. But even during this uncertain time, our children are still learning, growing, and developing. Everyone can help support a child's healthy development (and it may even help relieve your stress!). Here are some [ways to support yourself and your child](#).

Tuesday

Help your child learn to identify emotions by playing Emotion Charades! Each player should [pick a card](#) illustrating a specific emotion. Take turns acting out the emotion while the audience attempts to guess the emotion. Children will need to think about body language associated with each emotion and situations that trigger the emotion. Start with basic emotions (ex. happy, sad, mad) and gradually introduce more complex emotions (ex. worried, proud, confused). Ask your child, "What are the clues that helped you figure out the feeling?" or "When have you felt this way?"

Wednesday

Helping Your Child Manage Frustration
Many young children have difficulties with frustration tolerance. For example, children get frustrated when they cannot communicate effectively or when presented with difficult tasks. Parents can help children build frustration tolerance skills at home and teach children how to cope when things are difficult so that frustration does not escalate into anger. This article contains information about [teaching frustration tolerance](#) to children.

Thursday

Why Mindfulness?

"Children of all ages can benefit from mindfulness, the simple practice of bringing a gentle, accepting attitude to the present moment. It can help parents and caregivers, too, by promoting happiness and relieving stress." Please see this [New York Times article](#), which provides "basic tips for children and adults of all ages, as well as several activities that develop compassion, focus, curiosity and empathy." And remember, mindfulness can be fun.

Friday

When Siblings Won't Stop Fighting
Siblings often argue, but being at home more than usual and competing for your attention can intensify their fighting. Use conflicts between your children as an opportunity to practice social skills at home. Create a positive dynamic by introducing "tootling" rather than "tattling." Encourage your children to come to you to call out their siblings for positive behaviors like sharing toys or being kind. Make a big deal out of their behavior and be sure to praise and reward them. Click [here](#) for more tips.

Caregiver Self-Care Tip

Getting a good night's sleep is vital for your mental and physical health and helps you be at your best during the day. Don't sacrifice sleep!

- o Go to bed/wake up at the same time each day
- o Sleep in a dark, quiet, comfortable room
- o Be physically active during the day
- o Right before bedtime...
 - Wind down with a warm bath or read a book
 - Limit your use of electronics
 - Avoid caffeine, alcohol, and nicotine