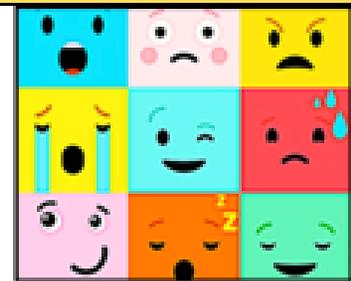


774 Social-Emotional Learning Calendar



Monday

Fear and anxiety are very common reactions in difficult times such as these. Children look to adults to learn how to respond in stressful situations. For tips on how to manage parental anxiety and model positive coping strategies for your child, search "How to Avoid Passing Anxiety on to Your Kids" in your web browser to find an article written by the Child Mind Institute (in [English](#) and [Spanish](#)).

Tuesday

Helping children to identify and label emotions is an important first step to learning how to self-regulate. Many preschoolers do not yet have the vocabulary to identify feeling words like angry or frustrated, or have the skills to "read" facial cues or to interpret body language. Adults support children's social-emotional development when they label and talk about emotions. Here are some [games](#) you can play with your child to help him or her recognize emotions.

Wednesday

Picture books such as Pete the Cat: I Love My White Shoes and Pete the Cat and His Four Groovy Buttons can be used to teach flexible thinking. Children often display behaviors when things don't go their way. Videos related to these books can also be found on YouTube.

<http://www.petthecatbooks.com>

Thursday

Mindfulness Games

Balloons: Tell your child to keep the balloon off the ground, but they must move slowly and gently so they do not pop it

Texture Bag: Place several different objects in a bag. Have your child reach in and touch one thing at a time and describe it without looking. For children with limited language, have them close their eyes and put an object in their hand, then use words to describe it to them

Friday

Get Along Games

Helping Hands: Have your children balance paper plates or napkins on their heads and slowly walk around. If it falls off, they must freeze in place and can only start moving again if tagged by you or a sibling.

Color Game: Announce a color and have your children take turns finding things that are that color. Whoever finds the most in a certain amount of time chooses the next color.

Caregiver Self-Care Tip

Take time each day to do one of these [activities](#).

