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Social-Emotional Learning Calendar



Monday

Play is critical to our physical and emotional well-being at any age. In stressful times, play can bring comfort and relieve anxiety. It helps us decompress and stay positive. Play is also vital for helping children learn social skills, problem solving, and self-regulation. Now that summer has arrived, it's a great time to [check out these fun activities for you and your child](#). Laughter, sunshine, and positive interactions are wonderful stress relievers!

[For even more fun outdoor fun ideas, click here](#)

Tuesday

Children need to be taught what they can do when feeling angry, upset, or anxious. A "calm down kit" can help. With your child's input, fill the kit with simple items that suit his or her needs and interests. Teach your child when and how to use each item. Encourage your child to access the kit whenever emotions are running high to teach and reinforce self-regulation skills.

[Click here for ideas of items geared toward younger children to get you started.](#)

Wednesday

As our county has moved into the "green" phase, child cares and camps are beginning to reopen. Most likely, there have been no other caregivers for your child outside of your own family due to stay-at-home guidelines. But now, as communities begin to reopen, your child may be facing a major transition - heading back to child care after months of "just you."

[Here are some tips for managing the transition and re-establishing new routines.](#)

Thursday

Do you often find yourself saying, "Be careful!" Instead, foster awareness by saying:

- Notice how... *these rocks are slippery.*
- Do you see... *the fallen tree branch?*
- Try moving... *your feet carefully.*
- Can you hear... *the rushing water?*
- Are you feeling... *scared, excited, safe?*

Help your child problem solve by saying:

- What's your plan... *to get to the top?*
- What can you use... *to get across?*
- Where will you... *put your feet?*
- How will you... *get down?*

(Adapted from www.backwoodsmama.com)

Friday

There are numerous ways to help your child develop social and emotional skills at home. Here are some suggestions:

- Use puppets
- Think out loud
- Read bedtime stories
- Do a job together
- Play games
- Prevent potential problems

[Click here for detailed information on using these strategies.](#)

Caregiver Self-Care Tip

Exercise should be a regular part of your self-care routine. Exercise improves mood, boosts energy, promotes better sleep, and reduces risk of disease. There are many free options for accessing quality exercise programs at home. Here are some BCIU staff favorites:

- [Fitness Blender](#) on You Tube
- [Yoga with Adriene](#) on YouTube
- [Pop Sugar Fitness](#) on YouTube
- [Blogilates](#) on YouTube
- [FitOn App](#) on Google Play and iOS
- [Zumba.com](#) search free virtual classes