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Social-Emotional Learning Calendar



Monday

Understanding Emotions Beneath the Mask

"Young children look for emotional cues from caregivers to help interpret the environment and rely on their caregiver's facial expressions, tone of voice, and body posture to identify and understand emotions. [Click here](#) for some tips and ideas for helping your child identify emotions when your face, your most expressive feature, is covered by a mask. Use these strategies to let children know that behind the mask, a kind and warm expression is still there!"

Tuesday

Using a Calm Down Area at Home

A calm down area provides a child a place to relax and take a break. [Click here](#) for ideas on how to set up a calm down area for your child.

Tips include the following:

- The area is not used for punishment.
- Limit interactions and distractions.
- Help them use the calm down area before a meltdown or tantrum.
- Check-in once they are calm.
- Discuss their emotions when they are calm.

Wednesday

Self-Regulation Games

Does your child always seem to be "on the go" and have difficulty controlling his/her impulses? Self-regulation games can help children learn to wait, follow rules, and control their bodies. Play Red Light/Green Light, Follow the Leader, Simon Says, or Freeze Dance. Set up obstacle courses or sidewalk chalk hopscotch. Have your child jump a specified number of times on a mini trampoline or soft surface. Encourage turn-taking and waiting using language such as "your turn" and "my turn." [Click here](#) for more ideas!

Thursday

Monster Meditation

"Young children will love learning about meditation techniques in fun videos like this one with Cookie Monster and Andy. Sesame Street and Headspace have teamed up to create 6 animated shorts to help children learn the essentials of mindfulness, meditation, and social-emotional learning."

[Click here](#) to check out the first video on YouTube, which teaches a Monster Meditation to do while waiting. If your child enjoyed this one, try the additional videos!

Friday

Coughing, Sneezing, & More!

As your family begins to venture back out into the world, there will be times when your child will not be wearing a mask but may have to cough or sneeze. Read this [social story](#) with your child which teaches them about preventing the spread of germs when they're around others, reminding them to keep their hands away from their face, keep their fingers out of their nose and mouth, and to not put toys or other objects in their mouths.

Caregiver Tip

Parenting Disagreements During COVID-19

Limited clear guidance and ongoing changes to health and safety guidelines have left parents struggling to agree on rules for their children related to COVID-19. [Click here](#) to learn strategies to reduce conflict, such as:

- Acknowledge/validate each other's emotions
- Present rules as a united front even if you don't agree on everything (you won't!)
- Keep the conversation open to allow for changes and necessary adjustments
- Separate relationship issues from parenting decisions