

Stewart Elementary

Social Emotional Virtual Learning

Please consider browsing the following material and decide what is best for you and your family. I want to encourage you to use this time together to connect and nurture your relationships with those in your family. Children need to feel calm, connected, & safe before they can learn. Here are some excellent resources to promote SEL and the calm and connected feelings at home.

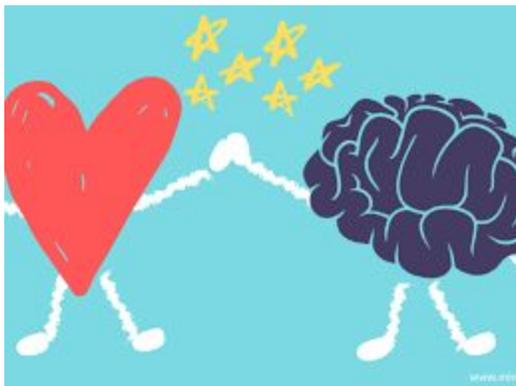
SEL Menu- Take a look at all of these ways to promote SEL . Cross them off as you go :)

<p>Go stand in front of a mirror in your home. Look at yourself and say 5 positive things about yourself. Make sure you smile!</p>	<p>Write a letter to a person of your choice to show kindness.</p>	<p>Think about when you feel strong emotions like mad, sad, frustrated, etc. Name a way that you can calm down from that strong emotion.</p>
<p>What does the word empathy mean? (ask an adult if you need help) How can you show empathy towards others?</p>	<p>Everyone deserves to be treated with kindness and compassion. Name two things that you will do today to show kindness.</p>	<p>Think about something that you did today. What emotion did you feel during that activity? Did that emotion stay the same throughout the day or did your emotions change?</p>
<p>As a family, make a goal. How will you work as a team to reach that goal?</p>	<p>Pretend a friend asks you to do something that you know isn't a good choice. How can you work through this problem? Brainstorm ways that you can make a good choice.</p>	<p>Read a book. Name one feeling/emotion one of the characters felt during the story.</p>
<p>With an adult, establish a place in your home which can be your place to calm down when you have intense emotions.</p>	<p>Give at least 5 compliments to people you interact with during the week.</p>	<p>Play a game with your family. After the game, talk about why it is okay to lose sometimes.</p>
<p>With an adult, discuss cultural traditions they had growing up.</p>	<p>Create a picture or poster which displays how people should treat each other.</p>	<p>Define what persevere means. Ask an adult for help. Discuss a time when you or a book character had a challenging situation, but they persevered!</p>



The Imagine Neighborhood Podcast is designed for children to listen to with their families. These episodes include stories that address big feelings that come with growing up. This podcast also gives kids fun activities to do at home, in the car, or anywhere you talk to each other. Can be listened via phone (search “The Imagine Neighborhood”) or through the following website:
<https://www.imagineneighborhood.org/>.

The Mind Yeti. Go to- <https://vimeo.com/showcase/6875483/?page=1> to access many different videos that take you and your child through a variety of mindfulness activities. Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them.



Mindful Schools

Offering a [FREE interactive mindfulness class.](#)

Also for the next few weeks, Mindful Schools will continue to offer free mindfulness classes for kids! Join us online or mindful activities, mindful movement, read-alouds – and let’s have fun exploring mindfulness together. You can sign up at mindfulschools.org!

Connect with Mrs. Galloway!

If your child would like to arrange a time to connect with me virtually please fill out and submit the following google form- [Connect with Mrs. Galloway Google form](#). They can also fill out the form to let me know how they are doing! I miss all their smiling faces and hugs and want to know how they are feeling.

Once the form is submitted, I will send you a Google Hangout link/calendar invite. We will then use Google Hangouts to have a virtual meeting! The meeting will take place during a time you choose on the google form.

If you are not sure how to use Google Hangouts go [here](#) and watch a tutorial.

Also, you can always email me at dgalloway@lpslancer.net

Self Regulation Activities

The following videos include strategies to support children (and adults) in managing strong emotions.

[Square Breathing](#)

[4, 7, 8 Breathing](#)

[Body Scan](#)

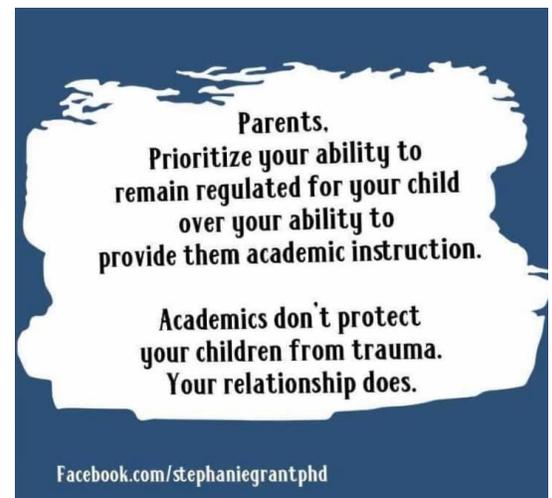
[Stop, Breathe, Think Channel](#) -

All videos are great! This is also a free app!

[Rocket Kids](#) -

Character development lessons and regulation strategies.

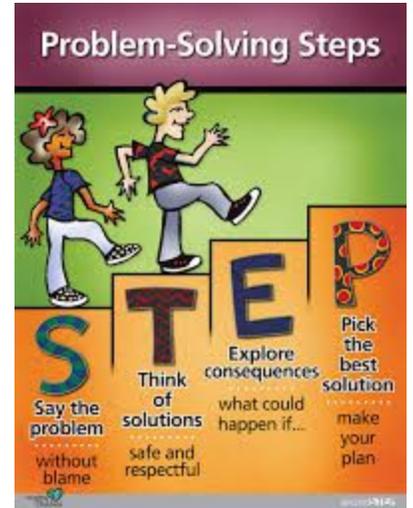
[Why do we lose control of our emotions](#) - A great explanation of the brain and its role in emotional awareness, self control, and behavior.



Supplemental SEL Lessons (K-2)- Howard B. Wigglebottom

1. Go to this website: <https://wedolisten.org/>
2. On the right hand side there are options listed. Click on the "Books/Songs/Animations" to have access to all of the books, songs, and lessons. There are many different topics to choose from!

Second Step - If you haven't logged in yet, please do so as you are able! This material supports what the students have been learning in the classroom SEL lessons. Each week we spend 30 minutes per classroom working through this curriculum, one lesson at a time.



- Please go to www.secondstep.org. Enter the following code (per grade level) to gain access to the Social Emotional Learning Resources from the Second Step Curriculum. You will need to create an account, if you haven't already, to access the following materials. You will be asked a few questions (ie: email address, school your child attends) in order to create an account.

Grade Level	Activation Keys
Young 5 & Kindergarten, Mrs. Dewey's K-2 class & Mrs. Anderson's 3-5 class	SSPK FAMI LY70
First Grade & Mrs. Anderson's 3-5 class	SSP1 FAMI LY71
Second Grade	SSP2 FAMI LY72
Third Grade	SSP3 FAMI LY73
4th Grade	SSP4 FAMI LY74
5th Grade	SSP5 FAMI LY75

- Once an account is created:
 - Enter the Activation Key, appropriate for your child's grade (you can enter more than one). Look for the "Add activation key" to enter more than one.
 - Click on "My Dashboard"
 - Select "Resources" located under "SEL Program"
 - You will be brought to a menu of options. From there you can browse the following:

- Overview
 - Benefits
 - Homelinks
 - Song Lyrics & Sheet Music
 - Book Lists & More
- All Problem Solving Unit materials are within the following lesson ranges. This will guide you when determining the Homelinks and materials to access. The website will now allow you to access more of the materials!
 - Kindergarten, Mrs. Dewey's K-2 class & Mrs. Anderson's 3-5 class - Lessons 19-25
 - First Grade & Mrs. Anderson's 3-5 class- Lessons 17-22
 - Second Grade- Lessons 17-22
 - Third Grade- Lessons 17-22
 - Fourth Grade- Lessons 16-22
 - Fifth Grade- Lessons 16-22

Please contact me if you are needing any support!!

Stewart School Counselor- Dayna Galloway- dgalloway@lpslancer.net