Social Emotional Learning at Home
Because Every Child Deserves to Feel Seen and Supported

Adults, please read these steps out loud and practice with your child.

First: Breathe in for the count of four, 1-2-3-4. Breathe out for the count of four. 1-2-3-4. Take a moment to notice how you feel.

Then: Point to the battery that shows how much energy you have at the moment.

Next: Point to the face that best describes how you feel.

Last: Pick a practice that can help you be your best self today.

When do I do this?
Anytime your child:
- needs to make a positive choice about their behavior
- has a tantrum, is crying or has high energy
- is displaying signs of stress, anxiety or worry

How do I support my child?
Simply say:
"Thank you for sharing. I know it is not always easy to share how you are feeling and I want you to know I am here for you anytime you want to talk."

Where can I find more free activities?
ClassCatalystCares.com
Online platform for parents & teachers to connect with their kiddos and empower them with solutions
bit.ly/MindfulMinutes
YouTube playlist of students doing mindful practices for your kids to practice and share
bit.ly/MP_Resources
Mindful activities, printouts and books

Write & Rip
Take 3 deep breaths.
Write down something that is upsetting you.
Rip it up and throw it in the trash.

Draw & Show
Take 3 deep breaths.
Draw down something that makes you happy.
Show it to an adult who cares about you.
Smile.

Listening Breath
Sit quietly and listen for a noise outside.
Focus on that noise for 30 seconds as you breathe in and out.
Close your eyes, if you feel comfortable.

Smile Doodle
In 60 seconds, create a smiley face.
Take 3 deep breaths when your doodle is complete.
Share your doodle with someone who needs a smile today.

Paper Breath
Wad up a small piece of paper and place it in the palm of your hand.
Breathe very softly to move the paper around the palm of your hand, without it falling onto the floor.