



# WELCOME TO KINDERGARTEN



## Social Emotional Learning

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control and interpersonal skills that are vital for school, work and life success.

### TALK

Just like adults, children need to develop strategies for managing their emotions, feel and show empathy for others and establish healthy relationships. When children are more socially and emotionally aware and skilled, they can effectively navigate relationships, calm down and problem solve when challenges arise.

Helping children to identify and label emotions is an important first step. Many children do not yet have the vocabulary to identify feelings words like angry or frustrated. They may not have the skills yet to read facial cues or to interpret body language. Talking about feelings with your child will help them better express their emotions which in turn, develops their social and emotional skills.

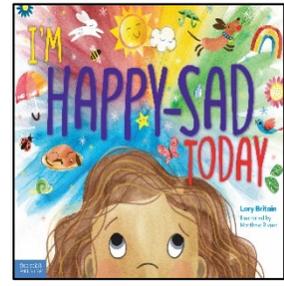
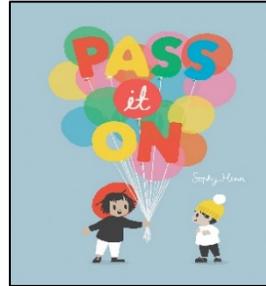
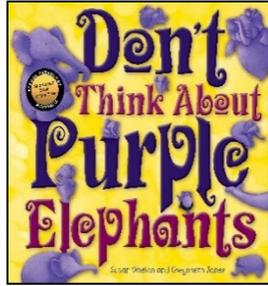
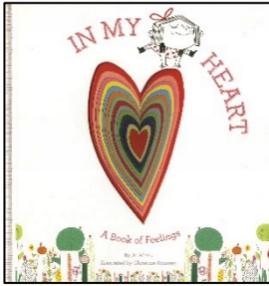
Here are some ways to support a child's emotional understanding:

- Ask your child how they feel. For example, "What made you happy/sad at school today?" or "It looks like you are feeling frustrated, do you want to tell me about it?"
- Label emotions by pointing out facial cues (e.g., smiles when you are happy, tears if you are sad) and body language (e.g., crossed arms if you are mad).
- Talk about how you (the adult) feel. Direct your child to observe your facial expressions and body language by asking them to guess how you feel.



While conversating, be fully present. Avoid interrupting and listen with intention, acceptance and without judgment. Conversations can help children develop an understanding of how they feel and how best to share it with others.

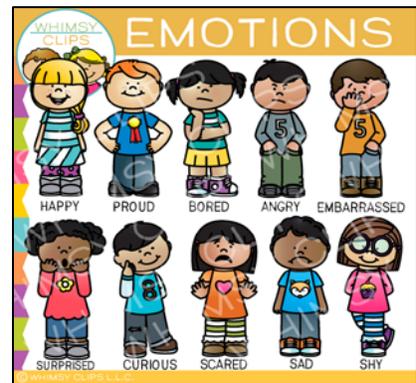
## READ



- **In My Heart – A Book about Feelings** by Jo Witek: <https://youtu.be/IZESdt5VZkQ>
- **Don't Think About Purple Elephants:** Susan Whelan and Gwyneth Jones: <https://youtu.be/Oz6wBqSsH4M>
- **Pass It On** by Sophy Henn: <https://youtu.be/Ug65KvZ0ypw>
- **I'm Happy-Sad Today** by Lory Britain: <https://youtu.be/TVJGvmgRh64>

## SING

- **I Have Feelings** (to the tune “Twinkle, Twinkle Little Star”)
  - o *I have feelings, you do too!*  
*Let us sing of just a few.*  
*I am happy, I am sad.*  
*I am scared and I am mad.*  
*I have feelings, you do too!*  
*We just sang of just a few.*



## PLAY

**Calming Glitter Jars** – A calming jar can help children learn how to control their emotions and how to self-regulate.

- Materials: 1 clean plastic bottle with lid (labels removed), glitter glue, glitter, water, food colouring (optional)
- Instructions:
  - o Fill the bottle  $\frac{1}{4}$  full with water,  $\frac{1}{4}$  of glitter glue and a few shakes of glitter and few drops of food colouring (optional).
  - o Shake well. Add water until 1 inch from the top of the bottle.
  - o Use strong glue (e.g., hot glue) to keep the lid in place. You can also tape it shut.



- How to Use:
  - o Shake the container and then set it down to watch as the glitter settles to the bottom.
  - o While watching the glitter settle, breathe in and out deeply. This allows children the time to calm down and regain control of their bodies and feelings.

**Loose Parts Emotions** – Using loose/small items found in the house or in nature, create various facial expressions. Some loose items include cotton balls, pompoms, yarn, fabric scraps, marbles, plastic lids, pinecones, pebbles, beads, etc.

For more **games on social emotional learning** to play with your child, visit <https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

