



# Keeping Connected



Resource for supporting Social Emotional Learning at home

The purpose of this newsletter is to give you resources and ideas to incorporate Social Emotional Learning at home to help support the work that is happening in the schools. Below is a video to help explain what Social Emotional Learning (SEL) is and why it matters.



## CHALLENGE OF THE MONTH

Find out about your child's  
day using a conversation  
starter

### **Conversation Starters:**

- What made you laugh today?
- Did anything surprise you today?
- Did someone do something nice for you today?
- Do you do something nice for someone today?
- What was the most fun part of your day?
- What made you bored today?
- What was the hardest thing you did today?

**HOW TO CARE FOR YOURSELF WHILE PRACTICING PHYSICAL DISTANCING**

**EAT HEALTHFULLY** 🍏  
to keep your body in top working order.

**EXERCISE** 🏃  
Workout at home or take a solo jog around the neighborhood.

**PRACTICE RELAXATION THERAPY** 😌  
Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.

**LET LIGHT IN** ☀️  
Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.

**BE KIND TO YOURSELF!** 🙌  
Treat yourself with the same compassion you would a friend.

**STAY CONNECTED** 💬  
Stay connected to loved ones with phone calls, text messages, video chats and social media.

**MONITOR MEDIA CONSUMPTION** 🎬  
Balance media consumption with other activities you enjoy.

**LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)**

\*Information provided in the Mental Health First Aid curriculum.  
\*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.

**MENTAL HEALTH FIRST AID** **NATIONAL COUNCIL FOR BEHAVIORAL HEALTH**

## Social Emotional Learning (SEL) resources at home

### Harmony at Home

### Tackling back-to-school anxiety

#### For primary school kids

- Get back into the school-day routine at least a week early – waking up, eating and going to bed at regular times.
- Get your child involved in planning out their lunches and snacks for the first week back.
- For anxious kids, plenty of detail can be calming. Talk through the steps of getting to their classroom: "And then we hang up our bag on our hook; we say hi to our friends; we find our seat...etc"
- Stick to familiar routines as much as possible. Try to have a calm evening and allow more time to settle before bedtime if your child is feeling excited or nervous about school.
- Help your child pack their bag the night before. A visual checklist can help them remember what they need to take. Lay out their clothes so everything's ready for the morning.
- Allow some extra time to get ready on day one so you're not rushing.

#### For teenagers

- The same benefits of setting a routine apply whether you're five, 15 or 50. Encourage your teen to take responsibility for getting back into the swing of things the week before school starts, which unfortunately means an end to any late-night Xbox marathons.
- Help your young person set some realistic, achievable goals for the year.
- Talk through any issues or fears they might have – whether these are about friends, grades or teachers. Instead of focusing on hypothetical 'what ifs', try and steer them towards 'what is'...and what they can do to change the situation.
- Have a couple of practice runs at getting to school together, especially if your young person is going to be using public transport on their own. They're not going to want you cramping their style when school starts, so make sure they're feeling confident about doing the trip solo.

10 TIPS  
*for* PARENTS

# Support Kids Learning Online at Home



1

Set up a dedicated, work-friendly, quiet space

2

Have access to the internet and other resources

3

Keep distractions to a minimum

4

Help your student make a plan

5

Help your student practice their routine

6

Schedule breaks

7

Let them know your schedule

8

Reduce the feeling of isolation

9

Keep support contact info handy

10

Don't forget praise and forgiveness!

# How to Help Your Child Adapt to Wearing a Mask

7 Quick Tips for Parents



## Explain WHY



Use easy-to-understand language and positive phrasing.

For example, "Many people are sick right now. Wearing a mask will protect you from germs."

## Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps.

Then practice & reinforce each step.

1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.



## Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian.



## Take a Picture

Ask family members or friends to take pictures of themselves wearing masks.

You can even arrange a virtual get together so everyone can show off their masks.



## Get Creative

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.



## Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Some ideas include: a scarf, balaclava or bandana



## Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

