

SOCIAL EMOTIONAL LEARNING IDEAS FOR FAMILIES

If you would like SJCSO to feature your child's SEL projects on their social media platforms, then please send a picture of the project with the student's name, age, grade, and school to David.Barnes@stjohns.k12.fl.us.

Go on a mindful walk

Ask your child to take account of what they sense as you walk. Taking the time to determine what you see, smell, feel and hear will help ground you in the moment. Focus on using one sense at a time in order to narrow focus.

Garden

Plant some flowers, vegetables, fruit or herbs and teach your child how to care for them. Then, let them take the reins. They will build a sense of motivation and confidence as they solve the problems and see growth.

Create a chore chart

Children thrive with structure. Have them observe the household and choose which chores to be responsible for. This will help them take ownership of their impact in their family community.

Write a creative story

Give your child prompts and have them write a short response. Write about a favorite memory or make up a story about an epic adventure with friends.

Cook or bake

Children love eating all sorts of things, so why not get them involved in making them? They will practice teamwork and listening skills as you work together to prepare a delicious meal or dessert.

Volunteer

Get your child involved in the community at an early age by participating in a park clean up or visiting a nursing home. Starting civic engagement early will help them further develop empathy which will stay with them as they get older.

Make a vision board

Together, you and your child can determine what you want out of the coming school year. Maybe they want to meet new people or solidify their math skills. Visualize the goal and hang your board up so that you can refer back to it and discuss the progress as time goes on.

Paint and draw

No matter the medium, creating art is a great way to get in touch with emotions. Ask your child to draw what they are feeling or head outside to draw in nature.

Make a scrapbook

Putting together a scrapbook is a great way for children to reflect on their favorite memories. Have them piece together images and pictures that represent the moments they are most proud of and add a caption or drawing that expresses how they felt.