

At Home Social Emotional Learning (SEL) Resources

A note from Ms. Kirk...

To the amazing, kind, brave, world-changing students,

Whether you are one of my past students (Hello Monroe Mustangs!!) or one of my current students (Hello Kendall-Whittier Tigers!!) or I have never met you (Hello! It is SO nice to meet you!!), I am so happy to share with you some ideas to practice mindfulness, learn about our emotions, and help us continue to grow into amazing world-changers during this difficult time.

To the strong, patient, loving parents,

This is an unprecedented and very difficult time for all of us. My hope for you is that you give yourself grace and patience. You are doing fabulous. No one prepared us for a moment like this so try to not feel shame for allowing screentime, guilt for unhealthy snacks, or stress about routines and schedules. Do not feel overwhelmed if you are not the perfect teacher or counselor-- you shouldn't be. We went to school for this and are still far from perfect! Instead, these resources are meant to help students during this strange and scary time. Social Emotional Learning (SEL) is good for all of us at all stages of life. However, I believe that it is now more important than ever that we help our students cope, build strong resiliency skills and provide them with feelings of security and love.

You can contact me at any time at CounselorKirk@gmail.com. Or on social media @Counselor_Kirk. I am always here to help! We are all in this together! Sending you love, positivity and kindness today and always.

With a heart full of love,

Ms. Kirk :)

School Counselor in Oklahoma

Some of my favorite books (and links to read alouds on YouTube):

Books About Feelings

- [The Color Monster](#)
- [In My Heart](#)
- [Glad Monster, Sad Monster](#)
- [My Many Colored Days](#)
 - Questions to ask during and after reading:
 - What makes you feel sad/mad/happy/frustrated/excited/proud/angry/worried/brave/joyful/etc.?
 - How are you feeling now?
 - When you feel sad/mad/angry/frustrated, what can you do to help your body feel better?
 - Did you know that there are no bad feelings? It's true! As long as we have safe and respectful ways to handle all of our feelings, no feelings are bad feelings!

Books About Kindness

- [Be Kind](#)
- [We're All Wonders](#)
- [Kindness is Cooler, Mrs. Ruler](#)
- [Have You Filled a Bucket Today?](#)
 - Questions to ask during and after reading:
 - What is a bucket filler? What is a bucket dipper?
 - What can you do to fill someone's bucket at school? At home? At the grocery store? At the park? Right now?
 - How do you feel when you fill someone's bucket?
 - How do you feel when someone fills your bucket?
 - What does kindness look like? Sound like? Feel like?
 - Why is kindness important?
 - Can you think of someone who is really kind? What stands out about their kindness?

*If you need additional book ideas, just ask. I have so, so many favorites!
Check out my Counselor Kirk [YouTube page](#) for mini lessons and read alouds.*

**BoysTown Press will be doing live read alouds by the author.
Check out their [website](#) for more info!**

Mindfulness with Children:

Below are a portion of my ABCs of mindfulness with children (maybe I will be able to finish and finalize my list during this time!).

Other yoga and mindfulness resources can be found on my [website](#). Adding mindful moments to your routine can be a great way to create calmness amongst the chaos.

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- **Apps:** There are so many mindfulness apps available that have kid versions: Breathe2Relax, Calm, DreamyKid, Happify, Headspace, and Stop, Breathe, and Think.
- **Breathing techniques:** Balloon breath, bear breath, belly breath, candle breath, count to three breath, dragon breath, hot chocolate breath, volcano breath-- you name it, there is a breathing technique for it.
- **Calming corners:** A calming corner is never forced or seen as punitive. Instead, it is a place that includes calm down bottles**, manipulatives, soft blankets or pillows, noise canceling headphones and anything else that can be a safe spot for children to calm. ***If you are interested in how to make calm down bottles, keep scrolling. Instructions included below!*
- **Daily check in:** This can be done as a body scan to check in and see how the body is feeling, it could be a brief "how are you feeling today?," or anything that allows the child a moment to check in and think about how they are feeling.
- **Energizers:** Sometimes waking up our body is the best way we can gain control of it. Yoga, simple stretches, balancing and coordination activities are great ways to energize.
- **Five, four, three, two one:** Have your child share (or journal about!) five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste. This is a great grounding technique and can be beneficial for anxiety.
- **Gratitude:** Practicing gratitude is simple and can be done by writing, drawing, talking or just thinking about what makes us grateful.
- **Healthy brain and body:** Teaching children about their brain functioning and why these mindfulness techniques create a healthy brain and body is a great way to increase understanding. Siegel (2020) created a hand model of the brain for a great visual.
- **Imagination station:** Using imagination is a great way to introduce children to visualizations. Having children close their eyes or focus on something in the room (never force young people to close their eyes, it can be

traumatizing) and imagine their happiest place, a trip to the beach, clouds, etc. The options are as endless as your imagination!

- **Journaling:** Mindful writing can be any writing that allows the child to be present in the moment. This could be journaling about your surroundings or your feelings, brain dumps, or positive self-talk writing.
- **Kindness:** Kindness towards yourself and others is at the heart of mindfulness. The loving kindness meditation is very popular with adults and perfect for children too. There are many scripts, videos and ideas out there. One of my favorites can be found at MakeTodayAwesome.org.
- **Listening, really really listening:** Children can close their eyes or focus on something in the room and listen to all the sounds. By encouraging the children to really, really listen, they will hear things that they have never heard before. Try this exercise outside too!
- **Mindful movement:** On a rainbow walk, children look for things on their walk that are all the colors of the rainbow. On a five senses walk, children identify what they see, hear, smell, taste, and feel.

These ideas are meant to make mindfulness with children simple yet effective.

By implementing mindfulness with children,
you just might find that it is beneficial for you too!

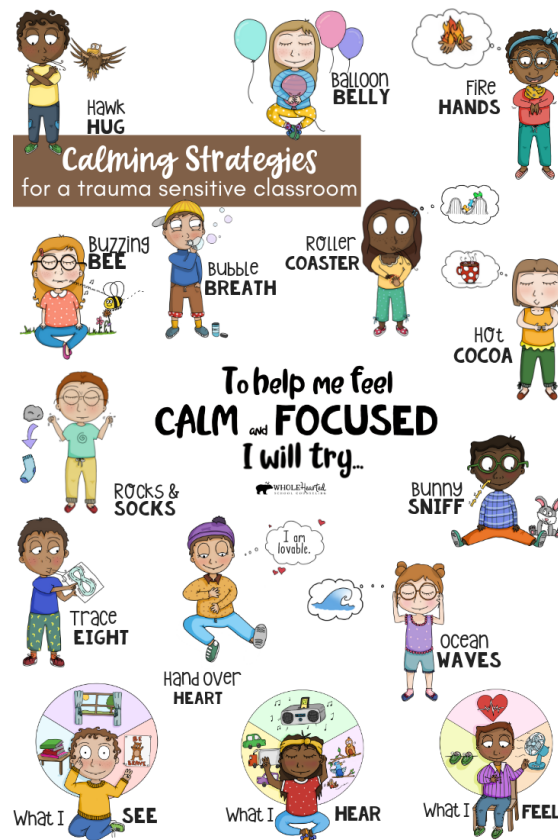


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TV shows that encourage SEL:

- [Sesame Street](#)
 - [Sesame Street do Growth Mindset](#)
 - [Sesame Street: The Power of Yet](#)
 - [Sesame Street: Exploring Emotions](#)
 - [Little Children, Big Challenges](#)
 - [Self-Regulation with the Cookie Monster](#)
- [Daniel Tiger](#)
 - [Daniel Tiger and Empathy](#)
 - [Daniel Tiger and Anger](#)
 - [Daniel Tiger and Using Your Words](#)
 - [Daniel Tiger and Sharing](#)

Great ideas for adding SEL to screentime:

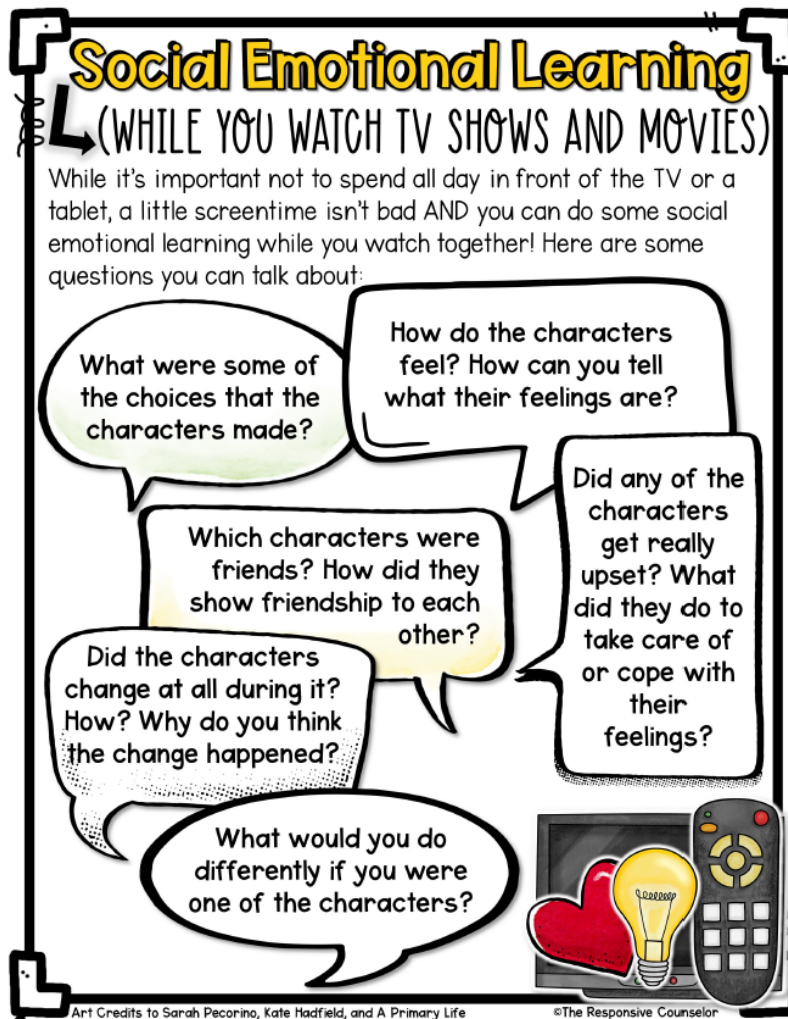


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Recursos en Español

- [Daniel Tiger: Usa las palabras](#)
- [Daniel Tiger: Enojado](#)
- [Daniel Tiger: Compartir](#)
- [Yoga para niños en Español](#)
- [Yoga para niños en Español](#)
- [Respirar para niños en Español](#)
- Cuentos Para Niños
 - [Chrysanthemum](#)
 - [El Pez Pucheros](#)
 - [Como Estas](#)
 - [Ish](#)
 - [El Punto](#)

At home activities that promote SEL:

- Making calm down bottles at home (great for emotion management, coping skills and body awareness)--
 - Supplies needed:
 - Recycled water bottle
 - Water
 - Clear glue
 - Food coloring
 - Glitter
 - 1. Fill water bottle with room temperature water leaving about two inches not filled with water
 - 2. Add about an inch of CLEAR glue (does not have to be exact)
 - 3. Add 2-3 drops of food coloring
 - 4. Add as much glitter as you want using a funnel. I made a make-shift funnel out of a piece of paper, a real funnel works too! :) (Note: if you add too much glitter, it will take longer to settle. I didn't measure it out but I would guess a ½ tablespoon is plenty.)
 - 5. Shake it up and voila-- you have a calm down bottle!

- Bonus-- teach breathing techniques to use with it! I taught my students how to take big deep breaths as the glitter settled. We talked about as the glitter falls, the anger/frustration/fear also falls out of our body.
- Making play-doh at home (great for sensory input, anxiety reduction and FUN!)--
 - Supplies needed:
 - 4 cups of flour
 - 1 cup of salt
 - 4 tablespoons of cream of tarter
 - 4 tablespoons of vegetable oil
 - 3 cups of VERY hot water
 - Food coloring (optional)
 - 1. Combine flour, salt, and cream of tarter
 - 2. Add the oil
 - 3. Slowly stir in hot water
 - 4. Stir and knead until well-combined and slightly sticky
 - 5. Add drops of food coloring and knead
 - 6. Add handfuls of flour as needed and knead on a flat surface
 - 7. Enjoy!
 - Store in a ziplock bag at room temperature or in the refrigerator (usually lasts for a week)
 - You can cut this recipe in half if you do not want a ton!

Other resources I love:

- [Leader in Me](#) (7 Habits of Happy Kids)-- tons of free resources!
- [The Imagine Neighborhood](#) free podcast for children and families about feelings
- [Mind Yeti](#) free mindfulness lessons
- [Captain Compassion](#) videos/games about bullying prevention
- [Emotional ABCs](#) videos/games for ages 4-11 to teach emotion regulation (only free for educators but worth it in my opinion)

- [Mindful Schools](#) is offering a free mindfulness classes for kids on Tuesdays, Wednesdays and Thursdays at 12:00 (CST)
- [Pip and Charley Social Emotional Learning](#)

Great resources created by @thesocialemotionalteacher and perfect for SEL at home:

- [Ten Days of SEL at Home K-2 \(Google Slides\)](#)
- [Ten Days of SEL at Home 3-5 \(Google Slides\)](#)

Free Educational Resources in Response to COVID-19:

- [Scholastic's Learn at Home](#): Three hours of interactive learning per day (for free!)
- [40 Free Online Educational Resources](#)
- [40 Free Virtual Field Trips for Kids](#)
- [Modify and print your child's daily schedule](#)



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Resources for Parents about COVID-19:

- [AMAZING book for kids about COVID-19](#) (very kid friendly way to explain the virus and available in [many languages!!](#))
- [Kids comic about Coronavirus from NPR](#)
- [COVID-19 Support Resources \(great comprehensive list\)](#)
- [Tips for talking to your child about Coronavirus](#)
- [Tips for being at home during this time](#)
- [Resources from the OK State Department of Education](#)
- [FAQs from the OK State Department of Education](#)
- [FAQs about Students with Disabilities from the Department of Education](#)

Safety during COVID-19:

- [Gun Safety/Storage Tips](#): With kids at home more (and often unsupervised), please be aware of ways to keep kids safe.
- [Domestic Violence Support and Resources](#): Staying at home and isolated from others could mean an increase in domestic violence. The National Domestic Violence Hotline is here to help 24/7.
- [Suicide Prevention Support and Resources](#): The stress and anxiety which comes from the coronavirus pandemic, financial insecurity, and feelings of isolation may put people at risk of self-harm. If you're feeling alone and struggling, you can reach out to The Crisis Text Line by **texting TALK to 741741** or National Suicide Prevention Lifeline at **1-800-273-TALK(8255)**, 24/7.