



Family Resources

TRAILS for Kindergarten to 2nd grade families

Learn more about Unit 4: Relationship Skills

Unit 4: Relationship Skills Letter

- [English](#)
- [Spanish](#)

To begin practicing SEL skills with your child, try these activities at home:

Establishing Relationships

When out in public, encourage your child to introduce themselves to new people (e.g., to other kids at the park, to the cashier at a store) using the skills they've learned (e.g., making eye contact, saying their name). The more they practice, the more comfortable it will feel! Challenge yourself to model for your child by introducing yourself first, which may take facing some fears of your own.

Communicating Clearly

Have your child tell you how to make a peanut butter and jelly (or other) sandwich. Do *exactly* as they say! If your child tells you to "put the peanut butter on the bread," place the jar of peanut butter on top of the unopened loaf of bread and repeat this process as they give you further directions. Discuss with your child what helped when communicating instructions (e.g., being very specific, speaking clearly, managing frustration and strong feelings), and what made communication more difficult.

Dealing with Conflict

Tell your child a story about a time when you were their age and had to deal with conflict. Highlight the things that went well in that situation and what skills you used to problem-solve. If your child experiences conflict in front of you (e.g., with a sibling, with you, or with another adult), remind them of the skills they have to deal with it.

Maintaining Relationships

Identify a time where no screens are allowed, such as at dinner. During this time, plan some fun or interesting questions to ask each other, such as, "*Let's each share one good thing and one hard thing that happened today.*" Use this time to discuss skills that were used or could have been used in each of these situations as they relate to starting and keeping strong relationships.

Have a question or comment about TRAILS? Let AAPS know using this form: [24-25 AAPS TRAILS SEL Family Feedback Form](#), contact your teacher or check out the [TRAILS FAQs for families](#).