

SELF FOCUS Social Emotional Learning				
Brought to you by Jennifer Montalvo and Vivian Tavernakis (District Counselors)				
THESE ACTIVITIES ARE BROUGHT TO YOU BY THE LAS LOMITAS DISTRICT'S COUNSELORS TO PROVIDE FAMILIES AND TEACHERS WITH SOCIAL EMOTIONAL LEARNING WHILE STUDENTS ARE AT HOME. THERE IS SOMETHING FOR EVERYONE.				
OCTOBER				
THEME: *BIG* FEELINGS & SELF-CONTROL				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>FAMILY FUN</div><div>FOR EVERYONE</div><div>PRACTICE, PRACTICE, PRACTICE!</div></div></div>				
<p>Mrs. Parenti brings you an interactive video on YOUTUBE. Help her sort the Kimochis feelings?</p>	<p>Work with your family to get out of an Escape Room. Use what you know about feelings to solve puzzles to win the game.</p>	<p>Play some of these short, fun, Icebreaker games to practice self-control! These are quick and fun ways to get the wiggles out.</p>	<p>Have a conversation about feelings using this guide OR play feelings charades! This is a fun cut out wheel game for the dramatic child in your home!</p>	<p>Explore feelings while playing board games: Candy Land, Jenga, UNO. These are fun easy ways you can modify games in your home to support feelings.</p>
<div>PRE-K + K/1</div>				
<p>Mind Yeti video warm up. Titled: Your Amazing Brain/Tu mente asombrosa English & Spanish</p>	<p>Play Bingo for calm and connection with your children.</p>	<p>This is a fun lesson on teaching self-control, Stop, Think & Act!</p>	<p>What Zone Am I In?</p>	
<div>2/3 + 4/5</div>				
<p>Watch this video on Why Do We Lose Control of Our Emotions & Discuss using questions to the right:</p>	<div><div><input type="checkbox"/> What did you think about the video?</div><div><input type="checkbox"/> When was a time YOU flipped your lid?</div><div><input type="checkbox"/> What helps you feel better when you have BIG feelings?</div><div><input type="checkbox"/> What can I do to help support you when you have BIG feelings?</div></div> <p>*Take turns answering these questions with your child.</p>	<p>Review this Zones of Regulation Prezi to learn about the Zones of Regulation!</p>	<p>Do the Zones of Regulation & Charlie Brown Activity with your child and discuss their answers!</p>	

MIDDLE SCHOOL

Watch this video on Why Do We Lose Control of Our Emotions & Discuss using questions to the right:	<ul style="list-style-type: none">❑ What did you think about the video?❑ When was a time YOU flipped your lid?❑ What helps you feel better when you have BIG feelings?❑ What can I do to help support you when you have BIG feelings? <p>*Take turns answering these questions with your child.</p>	Review this Zones of Regulation Prezi to learn about the Zones of Regulation!	What Color Are My Feelings? Pg. 5-11
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