



Mrs. Becker's Social & Emotional E-Learning Opportunities

Learning Topic Introduction (Week 3): Respect the Rights and Needs of Others/Size of a Problem

This information including the links can all be located on my website that is located under staff on the Fairmont Elementary School website. If you or your child needs any additional assistance, please contact me, Amy Becker School Social Worker, at 236-3147 or abecker@fairmont.k12.mn.us

Hello All! Can you believe we are in our third week of distance learning? Hopefully as time is going on, you are finding a new routine and normal during this time. However, if you or your child are struggling with emotional concerns, such as increased anxiety, sadness, anger, frustration, feel free to reach out to me for additional support.

This week's social and emotional topic is respect the rights and needs of others and size of the problem. Respecting the Rights and Needs of Others means you follow the Golden Rule of treating others the way you want to be treated. Remember to use kind words and keep unkind words to yourself. Also, remember to keep your hands and feet to yourself because hitting or kicking is never a good way to solve a problem. You can also respect other people's rights and needs by using your manners. We also respect other people's rights and needs when we respond appropriately to a problem. If the size of a problem and the size of our reaction do not match, we are overreacting which often leads to us not respecting other people or acting in a safe and healthy manner.

- Watch Mrs. Becker's video reading [Kids Talk About Respect by Carrie Finn](#)
 - https://drive.google.com/file/d/151n6tExqrJ_-BpHwMm8u4dzyYVbFPjWu/view?usp=sharing

Mindfulness Activities

Each day take three deep belly breaths. Kids show your parents how to do this.

- Monday: Do 5 Eagle Stretches
- Tuesday: With a family member, take turns showing an emotion with your face and body language (happy, sad, angry, surprised, tired, etc.). See if you can guess what the other person is feeling
- Wednesday: Draw a picture of something that makes you happy. Next time you are feeling sad, worried or angry, look at the picture and take 5 deep breaths. Notice if it helps you to feel better.
- Thursday: Stand outside and notice 5 beautiful things
- Friday: Look in the mirror and say something kind to yourself (examples: I did a good job this week, I worked hard, I am being helpful, I am a good friend, etc.)

Suggested Books or Videos:

- Read: [Big Problems Small Problems by Jennifer Orr](#)
 - Located at <https://www.youtube.com/watch?v=bvFiryg2dms&t=4s>
- Watch: [Sesame Street: Respect/Word on the Street](#)
 - Located at: <https://www.youtube.com/watch?v=GOzrAK4gOSo>
- Read: [Please Say Please: Penguins Guide to Manners by Margery Cuyler](#)
 - Located at: <https://www.youtube.com/watch?v=ygcXm9m1OmU>
- Watch: [Big Deal Little Deal](#)

Learning Activities:

- Each day this week, do a random act of kindness for someone.
- Use the attached chart to help you determine the size of a problem. If your problem and reaction do not match, use a calming strategy from week 1.