



Family Resources

TRAILS for Kindergarten to 2nd grade families

Learn more about Unit 1: Self Awareness

Unit 1: Self Awareness Letter

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

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

Mindfulness Practices to help students slow down and focus

- Deep Breathing:
 1. Pretend there is a balloon inside your belly.
 2. As you take a deep breath in, pretend your belly is a balloon blowing up with air.
 3. Feel your belly getting bigger as you breathe in.
 4. As you let the air out, the balloon deflates.
 5. Blow up and deflate your balloon belly 3-4 times.

Connections between thoughts, feelings and behaviors

Practice the [Think-Feel-Do Locomotion](#) with your child. When they experience strong emotions or behaviors (whether positive or negative), repeat the locomotion to draw the connection between their thoughts, feelings, and behaviors.

Understanding Emotions

Watch and practice the skills outlined in [Listening to My Body](#) (7:11).

Putting Words to Thoughts

When watching a show or reading to your child, pause to ask them what they think different characters' thoughts and feelings are when they encounter various situations.

Unhelpful Thoughts

When your child has a very strong emotion, encourage them to see what thoughts might be going through their mind and help them to decide if the thoughts are helpful or unhelpful. If a thought is unhelpful, ask your child to "squash" it by stomping their foot!

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](#).