

FOREST FALCON'S SEL NEWSLETTER

COPING SKILL OF THE WEEK:

Problem Solving looks different depending on the age of the child. As cognitive abilities and the size of the child's challenges grow/evolve over time, so should the approach to teaching problem solving skills. [Here is a visual on key strategies](#) to teach problem-solving to kids, as well as some age-by-age suggested activities.

10 Ways to Teach Problem Solving Skills:

1. Give your child space to *explore and make mistakes* and learn how to move forward.
2. Encourage creative play that involves a challenge.
3. Build in occasional road blocks with choice in a solution.
4. Facilitate decision making and model making a choice in a solution.
5. Make problem solving a fun part of the culture of your home.
6. Read problem-solving stories together.
7. Try some do-it-yourself projects together.
8. Teach basic problem solving steps.
9. Allow children to experience failure.
10. Routinely ask your children for help.



RESOURCES

- [D62 Resources](#)
- [D62 Resources \(Spanish\)](#)
- [COVID-19 Second Step Resource](#)
- [Free SEL Resources](#)
- [EasterSeals Special Education Resources](#)
- [Self-Advocacy Information \(English\)](#)
- [Self-Advocacy Information \(Spanish\)](#)
- [State Unemployment Insurance Information](#)
- [DISTRICT CRISIS RESOURCES](#)

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ACTIVITY OF THE WEEK

Mood of the Day Cups are a fun activity that allows kids to be creative and express their feelings at the same time!

Materials:

- White paper cups (2 per child)
- Scissors
- Fine tip markers

1. Start with plain white cups.
2. Carefully have an adult cut a large square shape in one of the cups.
3. Insert the second cup inside the cup with a square cutout on the side.
4. Write "Mood of the Day" on the outside cup around the square cutout.
5. Have the child draw 4-5 feelings inside the square, turning to a blank space each time.



[Link to the website is here.](#)

SOCIAL SKILL OF THE WEEK:

Goal setting is an important skill to develop and will benefit children for many years to come. By using the S.M.A.R.T. method, children can learn to get in the habit of creating realistic and achievable goals no matter how big or small. This can even benefit adults!

[Here some tips](#) and blank [printables](#)!

Example



