

“15 Day Pause:”

Social Emotional Lessons at Home

D.A. Tatmon, School Counselor
Forrest Rd Elementary School



Reference:

“More ideas for Social Emotional Learning at Home !”

Created by: Hilary Ramirez (School Counselor)

and Megan Gross (SAI Teacher on Special Assignment)

<https://brightfutures-counseling.com/blog/how-to-provide-school-counseling-resources-for-distance-learning>

Message to Forrest Rd Elementary School Wildcats:

Ms. Tatmon, School Counselor



Kindergarten-2nd



Social Emotional Lessons at Home

Remember: Kindness

Sesame Street: K is for Kindness with Chris Jackson (Cast
Recording-Youtube)



We can practice the Golden Rule
with the people in our home.

Be friendly: Say “Good morning!” or
“How are you?”

Be polite: Use an inside voice

Be honest: Tell the truth

Be kind: Use nice words

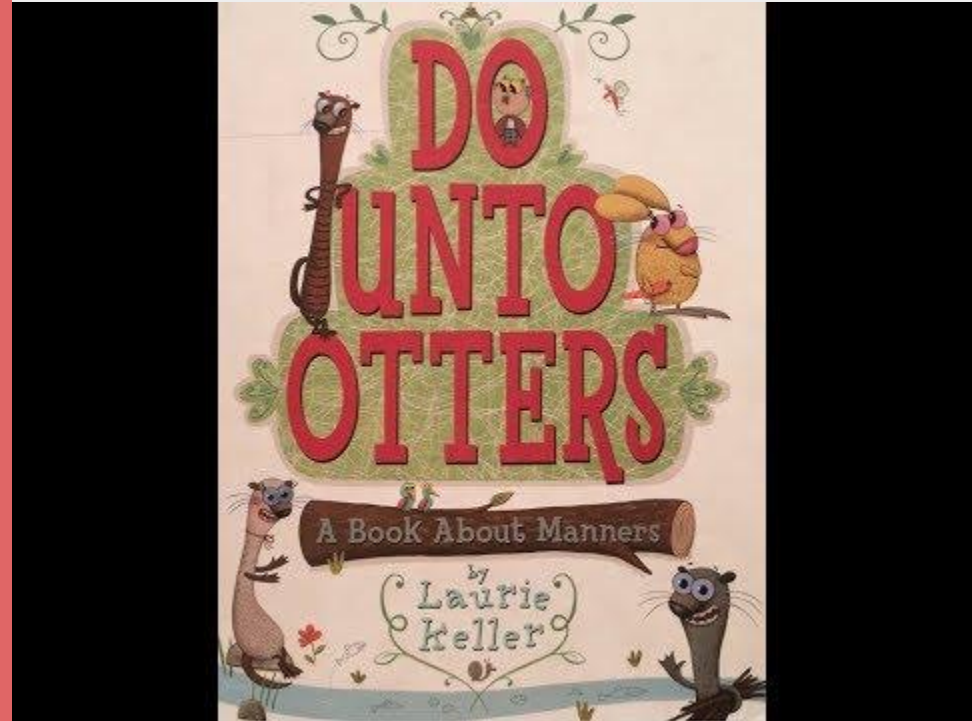
Share: Play together with your
siblings

Help each other: Help clean up or pick
up your toys

What else can you do?

Do Unto Otters

By: Laurie Keller



Count on Me

By: Bruno Mars



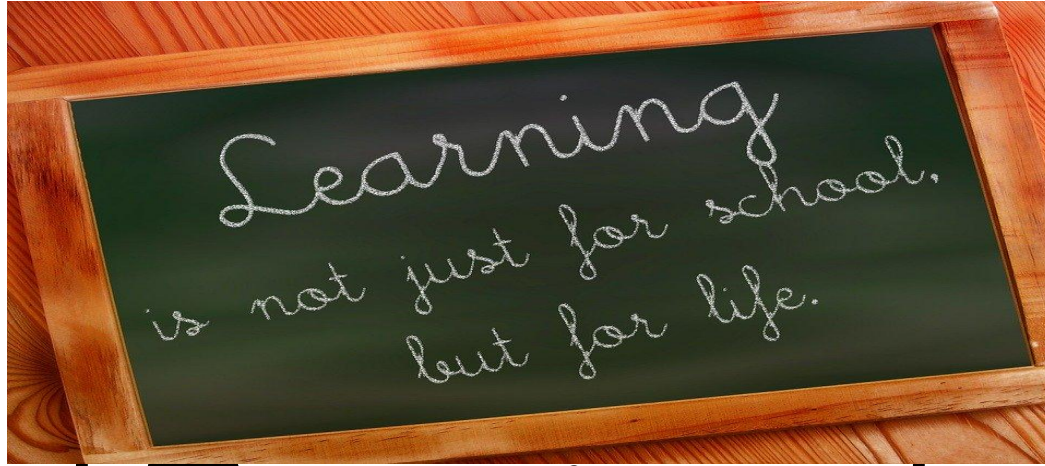
Help your friends count on you, even when we have to stay home!

Think about: How does this song and video make you feel?

Count on me:

1. Draw pictures to post in your window. Friends on a walk can look for them.
2. Draw a card for a friend.
3. Ask an adult to help you call a friend to say hello!

3rd-5th Grade



Social Emotional Lessons at Home

A Pep talk from Kid President...You are Awesome!!!!

<https://www.youtube.com/watch?v=l-gQLqv9f4o>



“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” - **Dr. Seuss**

Think about:

How do you make your mind stronger everyday?

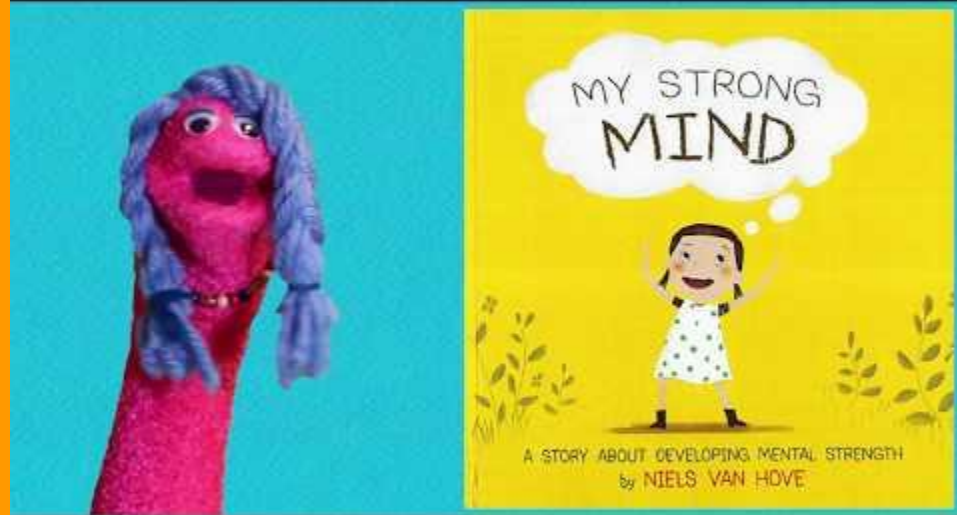
What is a challenge that you are going through right now?

Tell yourself 5 things that you love about yourself.
(confidence in yourself helps build your mind stronger)

What are some things we can do at home to strengthen our mind and body?

My Strong Mind

By: Niels Van Hove



Happy

By: Pharrell
Williams/Kids Bop



Watch/Listen to this song

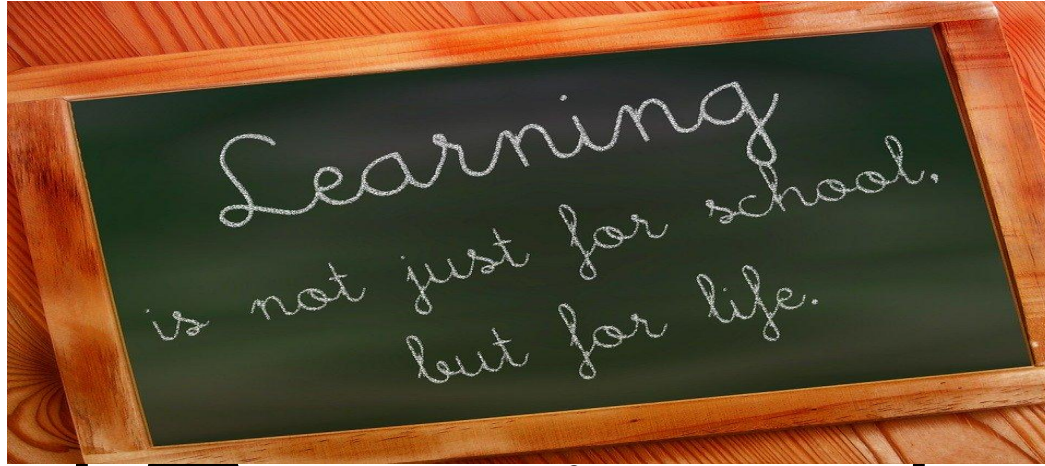
- *What feeling do you feel when listening to this song?
- *Did it make you want to dance or move?
- *Why is happiness important for everyone?
- *How can we tell/show people that we are happy?

ACTIVITY: Make a list of your favorite songs and next to it add the emotion you feel when you hear it!

Remember:
Kindness



3rd-5th Grade



Social Emotional Learning at Home

SENDING YOU
A SOCIALLY-
DISTANCED HUG

