

Student School Counselor Newsletter

How can we help our children's social -emotional learning?

Hello Parents of Elk Ridge Elementary,

Unfortunately, as our students are no longer in school our students may not be learning as much in the realm of social-emotional learning. The awareness of emotions and skills needed for social interactions are usually learned by our students when interacting with their peers, through lessons in their classrooms by their teacher, or from lessons from their school counselors. Since social-emotional learning is so important for your child's development it is important that you try to work on these skills with your students. I found a few audio recorded books on various common topics of social-emotional learning you can show to your child. Underneath these links I created accompanying questions you can ask your child during or after reading to help engage your child in thinking about the ideas or lessons within the story. I hope you enjoy!

-Drew Roesch

Books About Feelings

In My Heart: A Book of Feelings: <https://www.youtube.com/watch?v=xlfLgHBwYx4>

1. As you are reading each section about the character's heart ask your child: does your heart ever feel this way? Do you remember a specific time your heart felt that way?
2. At the end: How does your heart feel at this very moment? (You can explain to them how your heart feels at this moment)
3. After the fact of reading you can use this as a check in throughout their day to help your child begin to understand their feelings better: How does your heart feel right now? Do you think this relates to an emotion you are feeling?

The Color Monster: <https://www.youtube.com/watch?v=DHivp4cqCtw>

While Reading:

1. As you are reading each color the Color Monster goes through: Have you ever felt this color/emotion that the Color Monster is feeling?
2. What do you think that last feeling could be?!?

After Reading:

1. Have your emotions ever felt all jumbled up, kind of like the Color Monster at the beginning, and you had no clue what you were feeling?
2. The Color Monster seemed much more at ease and less confused when he was able to separate all his emotions. Do you think you would feel better when your emotions do not feel jumbled up and you can feel each emotion on their own?

Books about Kindness

Be Kind: <https://www.youtube.com/watch?v=t6NUJ2JZz50>

While reading:

1. Can you think of other ways you can be kind in your life?
2. Have you ever felt it was harder to be kind in certain situations than others like the main character?

At the end of reading:

1. Could you imagine if everyone were kind in the world and how great it would be?

But like the character says, for this to happen YOU need to be kind, first, and spread that kindness everywhere you go.

2. Have you ever felt like Tanisha, upset and embarrassed, because no one was being kind to you? And did you ever have a friend, like the character in the book, that was trying to be kind and make you feel better?

3. How do you think you could be kind to someone like Tanisha, to make her feel not so sad?

We're All Wonders: <https://www.youtube.com/watch?v=IWOuoaAtXGE>

1. Do you have any special "wonders?"
2. How would you feel if someone was mean to you about your special "wonder?"
3. What would you want others to think of your special "wonders?"
4. How can you make other feel good and happy about their special "wonders?"

Need Help?

If you have any questions on how to help your child through this difficult time please contact Mrs. Houseknecht

"This is a difficult time to navigate through with your family. I may not have the answers but I am willing to listen. "

Email:
dhouseknecht@oxfordasd.org



Kindness
Matters.

Suggestions?

If you have any suggestions on another topic one of my newsletters can cover, please email Mrs. Houseknecht and she will pass the message along to myself!

All suggestions are greatly appreciated!