

School Counselor At Home Learning

May 1, 2020

Topic: Social Emotional Learning is one of the most important aspects of education.

Preschool – Early Elementary Skills

The preschool years are ripe with opportunities to develop social skills especially as children begin spending time with other kids their age. Play allows them to practice taking turns, winning and losing, sharing and negotiating.

The preschool-early elementary years are also heavily influenced by parents and caregivers. In addition, siblings and other children are also important for companionship and peer interaction.

Core skills:

- Cooperating with others, such as sharing toys
- Simple problem solving like taking turns
- Using words to communicate wants and feelings, rather than acting out
- Becoming more independent in things they can control, such as choosing their clothes

Adapted from <https://www.centervention.com/developmental-milestones-for-social-and-emotional-skills/>

Possible questions to ask yourself and your family:

Which of the above skills are you good at?

Which of the above skills do you want to get better at?

Weekly Challenge:

With Spring exploding all around us. Go outside and notice what you see, hear, touch, and smell. Plants, birds, flowers, and the air. Take some time to identify something you want to learn more about and go the Meadowview Library Research pages to learn more about dandelions, bees, squirrels, rabbits, and the other living things around you.

<https://www.ecasd.us/Meadowview-Elementary/Academics/Library-Resources/Research-Websites-for-Students>

Remember: Together we can and will get through this time of change together.

Time for a Break Activities:

1. **LEARN SOMETHING NEW:** What sport, craft, or skill do you want to learn? From whom could you learn this.
2. **BARK ART:** Use a piece of paper, crayon, or chalk, hold the paper against a tree trunk, rub the paper with the side of a crayon or chalk. Try it on different trees and notice the differences. Try to identify the trees from the bark.
3. **MIRROR, MIRROR:** Take turns mirroring your partner's actions.
4. **SECRET HANDSHAKE:** Make up a unique secret handshake with another member of the family.

Some of these activities are from or adapted from Sanford Harmony, Quick Connection Cards.

Students and Parents can also contact me through the following Google form.

<https://forms.gle/bCqT7EX4nAqwA4gx6>