

Social and Emotional resources for families

Webpages:

<https://schoolcounselor.org/>

<https://www.naeyc.org/our-work/families/building-social-emotional-skills-at-home>

<https://www.virtuallabschool.org/fcc/social-emotional/lesson-4>

<https://www.eb.org/blog/social-emotional-development-school-age-children>

<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

Savvy school counselor

Brain Pop

Therapistaid.com

Social/Emotional books resources

How to train your dragon series (geared to younger children, skills include how to control your anger, sharing, consequences, motivational statements, how to accept no, follow rules).

Julia Cook: examples: My mouth is a volcano, I can't believe I said that, tattletale tongue, also has a youtube video on how to explain coronavirus to children.

Temple Grandin - Did it and I can too (overcoming obstacles)

Activities / Games

Card / Activity game

https://m.facebook.com/groups/590701787640166?group_view_referrer=profile_browser#!/photo.php

Mindful bottles: Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking.

1. Add glitter, start with a tablespoon or so. Take a deep breath as you watch your child pour glitter everywhere but inside the bottle.
2. Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than an inch of space at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.
3. When the bottle is full up to the neck with water, glitter, and glue, cap it. I recommend using a hot glue gun to seal the cap closed. I did this by applying a single ring of glue all around the top threading and then screwing the cap on.



Games such as, Sorry, Uno (can teach skills such as turn taking, self regulation, how to handle disappointment/loosing)

Puzzles are good for cooperation.