

Social & Emotional Resources for HCS Students & Families During School Closure

In this document, you will find social and emotional resources, lessons, and activities to do with your children during this mandated school closing. All of these resources and activities are entirely optional, but please keep them in mind if your family/child(ren) need a break from academic tasks, need to practice some mindfulness during this stressful time, or even just feel the need to do something fun!

If you have any questions regarding these materials or would like further information, please contact Alexis Kramschuster, HCS School Social Worker, at akramschuster@hcsmkc.org and you will receive a reply within 24 hours. Ms. Alexis can also be reached via text/call at 414-376-0655 during her office hours on Monday/Wednesday/Friday from 8:30am-10:30am.

Social Skills at Home

These lessons were prepared with kids in grades 1st-6th in mind. While even as an adult, I appreciate YouTube videos, even Sesame Street, I will do my best to put in a note in parenthesis beside the videos and activities that older kids may prefer. Information that is highlighted yellow and underlined contains links to activity pages and additional documents.

Accommodations

1. For any questions to be answered, students can write down their answers, draw a picture of their answers, tell a family member the answers instead of writing, or create their own video answering the questions! Have fun with it!

1	Following Rules	<p>*Read the book, or watch on youtube, the story of Peter Rabbit. Youtube link: https://www.youtube.com/watch?v=EuTIQCGxE5Y</p> <p>Discussion Questions: -What did you learn about following rules from the video of Peter Rabbit? -Name some of the school/classrooms rules you know. Hallway rules? Bathroom rules? Recess rules? Lunch time rules?</p>
2	Friendship	<p>*Watch video on Friends: Small Talk Friendships (all ages) https://www.youtube.com/watch?v=d9HH3pTmHz8</p> <p><u>OR</u> Elmo and Rosita Teach about Friendship (younger kids) https://www.youtube.com/watch?v=59tKI37x1d4</p>
3	Kindness	<p>Read or watch "Have you Filled a Bucket Today" Youtube: https://www.youtube.com/watch?v=JEg38zCOMgk</p> <p>ACTIVITY HANDOUT:</p>

		<p>2. Kindness Checklist: Look and read through the KINDNESS checklist here and choose 3 things you can do today to show kindness and fill others' buckets. Once they are complete, check off from the list.</p>
4	Feelings Journal	<p>*Have students write or draw a picture on each page of the feelings journal.</p> <p>ACTIVITY HANDOUTS:</p> <p>3. Inside Out Feelings Journal (all ages) here OR</p> <p>4. Feelings Writing Journal (younger) here</p>
5	Just Breathe	<p>Watch video: Just Breathe https://www.youtube.com/watch?v=RVA2N6tX2cg</p> <p>ACTIVITY HANDOUT:</p> <p>5. Balloon Breathing: Do the breathing technique and pay attention to how your body feels before and after you complete the breathing exercise. Does your body feel more calm?</p>
6	I Am Special	<p>*Watch the video: Sesame Street-What makes people special. https://www.youtube.com/watch?v=LrPm7BasRBo</p> <p>ACTIVITY HANDOUT:</p> <p>6. What Makes You Awesome: (choose picture or written version):Have students complete either the written or picture assignment. Once it is completed, have them stand in front of the mirror and tell themselves the 3 things they listed.</p>
7	Following Directions	<p>Watch Video: Worst Day of My Life Ever Link: https://www.youtube.com/watch?v=DS41qhB1HNM</p> <p>Discussion Question -Why is it important to follow directions?</p> <p>ACTIVITY HANDOUT:</p> <p>7. Spring Listen Up Drawing: Have students complete the coloring project by following directions (young kids can have an adult or older sibling read them the directions).</p> <p>8. OR Classroom Listen Up Activity</p> <p>9. OR Listening Activity -Camp (older - more challenging)</p>
8	Gratitude	<p>*Watch Video: My Gratitude Jar Link: https://www.youtube.com/watch?v=6TYvJh5Cwww</p> <p>ACTIVITY HANDOUT:</p> <p>10. Make Your Own Gratitude Jar</p> <p>11. Gratitude Jar Activity Page (Write in the Jar or draw pictures of what you are grateful for)</p>
9	What Do I Value?	ACTIVITY HANDOUT:

		<p>12. Have students think about what they value. From this list, pick 3 things that are most important:</p> <ul style="list-style-type: none"> -Having good grades, having fun, spending time with family, having good friends, honestly, being good at sports, being creative, being famous, freedom, helping others, being rich, being popular -Which value is most important to you? -Why is this value so important to you? -What value do you think your parents would choose as most important? -What value do you think your closest friend would choose as most important?
10	You Are a Hero	<p>Video Link: Kid President: For the Heroes https://www.youtube.com/watch?v=tgF1Enrgo2g</p> <p>ACTIVITY HANDOUT:</p> <p>13. Superhero Posters: *Have students print off these posters and add some color and then hang them up in their rooms as an everyday reminder.</p>
11	Big Feelings Come & Go	<p>Have students read the book at this link: https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf (this book is 54 pages for young kids)</p>
12	How Big is My Problem?	<p>Video: Big Problems and Small problems Link: https://www.youtube.com/watch?v=bvFiryg2dms</p> <p>ACTIVITY HANDOUT:</p> <p>14. How Big Is My Problem TASK POSTER</p> <p>15. Big-Little Problem Sort: Print off and have students cut out and then sort each problem to the TWO mats: BIG PROBLEM or LITTLE PROBLEM OR</p> <p>16. How Big Is My Problem Scenarios</p>
13	Interrupting	<p>Watch Video Choices: Interrupting Chicken Chicken: https://www.youtube.com/watch?v=Shq8G3QY9R0 My Mouth is a Volcano: https://www.youtube.com/watch?v=TqLvnGr2JtA</p> <p>ACTIVITY HANDOUT:</p> <p>17. Interrupting Social Skills: You can just complete the question worksheet and sort activity (starts page 5). If kids do not want to cut out the scenarios and choose one at a time, you can instruct them to place a CHECK MARK on times it's ok to interrupt and write the letter "W" on times when it's best to wait.</p>

Sometimes you just need a break...from studying, being cooped up at home, etc. Below are some ideas for healthy breaks depending on how much time you have.

30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your	Play dress up

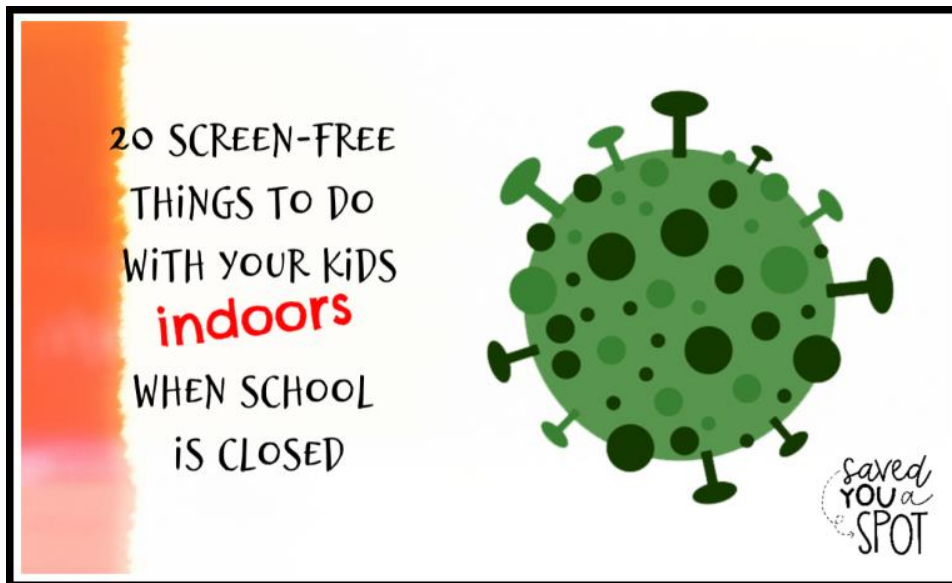
Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

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|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Activities To Do During Mandated School Closing



[20 Screen-Free Things to do with your kids when school is closed](#)

[30 Things You Can Do for Your Emotional Health](#)

[Scholastic Learning at Home](#)

[10 Anxiety, Relaxation, & Mindfulness Apps for Kids](#)

[Calming Kids' Craft Ideas](#)

[Mindfulness for Kids Youtube Videos](#)

[Montessori Inspired Friendship Activities](#)

Stay healthy everyone!