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# Social-Emotional Learning Calendar



## Monday

Parents sometimes lose their temper and yell at their children. Here are some simple tips to get you through during this time:

- Lower your expectations
- Focus on your relationship with your kids
- Be conscious of your own well-being: diet, sleep, and exercise
- Take daily quiet time for yourself
- Ask for help
- Stay positive

[Click here for more tips and ideas.](#)

## Tuesday

Are You a Lion or a Lamb?

Children experience big emotions. Our job is to help them understand how their minds and bodies react to different situations and teach them how to adjust their emotions. When your child is calm, explain that sometimes we are like lions (loud, roaring, angry, fast) and sometimes we are like lambs (soft, quiet, calm, slow). Do a craft or simply have your child draw a picture of each animal while talking about when it is okay to be like a lion and when they need to be more like a lamb. [Additional calming strategies and related activities can be found here.](#)

## Wednesday

Challenging Behavior as Communication  
Children often engage in problem behaviors when they do not know a better way to communicate what they need or want. Problem behaviors should always be considered communication attempts. This information can be used to determine skills children need to learn or how environments can be changed to reduce problem behaviors. [This article](#) describes how to determine the functions of behaviors and strategies to reduce challenging behaviors and increase appropriate behaviors by using Antecedent-Behavior-Consequence data.

## Thursday

Mindfulness Penny Game

- Give everyone a penny and ask them to study it and pay attention to its details for one minute.
- Put all the pennies in a basket or bowl, then have each player find their penny.
- Ask your child to explain how they knew it was theirs. If they don't know, or could not find their penny, play again and walk them through looking at the small details on their penny. See if their skill improves after a few rounds!
- You can play with other objects too. The important part is that your child is able to focus on something and pay attention to detail.

Adapted from [www.PositivePsychology.com](http://www.PositivePsychology.com)


## Friday

Promote you child's skill development and independence by intentionally [embedding learning opportunities](#) into everyday routines and activities. For example, [family mealtimes provide a perfect opportunity to work on language and social skills.](#)

- Identify key skills or behaviors your child needs to learn or practice
- Identify naturally-occurring daily activities during which you can practice these skills
- Provide frequent and intentional learning opportunities within these activities each day

## Caregiver Self-Care Tip

Children learn more from what we DO rather than what we SAY. Parents and educators often create behavior charts for children to help them monitor their behaviors. Have you ever thought to create one for yourself? [Click here for a fun example](#) of how to stay positive at home!

Hugged my kid for no reason 	M	T	W	TH	F	S	S
Helped my kid clean their room 							
Took a calming breath before talking 