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Social-Emotional Learning Calendar



Monday

Wearing a Mask Tip Sheet

To help prevent the spread of COVID-19, it is mandatory that individuals aged 2 and older wear a face mask in public spaces in the state of Pennsylvania (though exceptions for medical conditions and disabilities may apply). Many parents are wondering how they can encourage their young children to keep a mask on when venturing out of the house, especially if their children are impacted by disabilities or sensory sensitivities. [Click here for tips on how to help your child adapt to and practice wearing a mask.](#)

Tuesday

When children develop a strong emotional toolkit, they are better able to handle the ups and downs of life. As parents, you can help your children name their feelings, understand them, and develop strategies for expressing them in healthy ways. PBS Kids provides a variety of resources related to self-awareness, self-control, and self-confidence for children ages 2-8. [Explore this website](#) to learn age-based expectations for social-emotional development, as well as explore fun and educational activities to help develop these skills.

Wednesday

Does your child have trouble complying with your directions? To help your child engage in an activity or routine, try presenting the direction as a choice to give your child a sense of control in a world in which adults mostly tell them what to do. For example, instead of saying, "Clean up these toys now!" try, "Should we pick up the blocks first or cars first?" [Click here for guidance on offering choices.](#) Compliance may also improve when you make unpleasant tasks fun. In the example of cleaning, you may say, "I don't know if you can clean up all these toys in less than 1 minute; Let's see!"

Thursday

Calm Down Glitter Jars

"When kids are stressed, sad, or angry, the amygdala's natural fight, flight, or freeze response kicks in, making rational decision-making nearly impossible. Mindfulness gives kids space and time to calm down and pay attention to what is going on in their body and environment. Regularly practicing mindfulness reduces stress and increases wellness and self-control. Glitter jars are a useful mindfulness tool at home and school. Watching the glitter swirl to the bottom of the jar gives kids time to calm down and regain control." [Click here for Fireflies & Mudpies' directions on how to make a glitter jar.](#)

Friday

To help your children stay engaged during video chats or virtual play dates, encourage them to take turns playing these games with family or friends. (1) Guess What: Ask your child to find an item (e.g., stuffed animal, article of clothing) and hold it just off screen. Have the video chat partner ask questions about the item in order to guess what it is. (2) Screen Scopes: Have your child choose an object he or she can see in the background of the video chat partner's screen and say, "I spy something..." (blue, round, etc.) while the partner tries to guess what they see.

Adapted from [Sesame Street.](#)

Caregiver Self-Care Tip

Not sure what you're feeling? Journaling can help! These four tips will help you get started:

- Journal whenever you want, for however long you want.
- Medium doesn't matter (e.g., notebook, voice memo); the key is to express your thoughts.
- Let yourself write about anything. Remember, what you write is for you alone.
- Look for reflections and different perspectives, not solutions or fixes.

[Click here for additional information on the benefits of journaling and how to get started.](#)