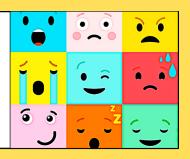


"Social-Emotional Learning Calendar



Monday

Coping with Separation Anxiety
After spending a lot of time together at home
over the past few months, you and your family
may be preparing for even more changes to
your routine as businesses, places of work, and
child care centers begin to re-open. During this
period of transition, coping with being apart
may be difficult for your child and could lead to
feelings of unease, worry, and anxiety. <u>Try</u>
introducing some of these activities to help
your child make sense of these new feelings
and adjust to change.

Tuesday

Delaying Gratification It's hard to delay gratification - just ask Cookie Monster! In this short video, Cookie Monster has to stay calm and resist his impulses. He demonstrates emotional self-regulation and self-control skills by:

- taking deep belly breaths
- looking in a different direction
- focusing on the reason for waiting
- distracting himself, and
- talking about something else.

Wednesday

Catch Your Child Being Good
One of the simplest ways to encourage positive behavior is through "behavior specific praise."
Compliment your child the moment you see him or her doing what is expected and describe the specific behavior that occurred so your child can identify the behavior that you are praising. Most adults are quick to point out negative behavior, but a child's behavior is more likely to improve when we follow the ratio of providing 5 positive comments for every 1 negative comment. Click here for examples.

Thursday

Bumblebee Breathing
Have your child get into a comfortable sitting
position and close his or her eyes. Have your
child take a deep breath in, then plug their ears.
Ask them to breathe out slowly while making a
"buzzzzzzzzzz" sound for as long as they can.
You can also try different sounds such as
"hummmm" or "ohhhhh." Repeat the breathing
exercise until your child's body is relaxed. You
can try this activity before your child needs to
sit to complete a task or after a busy activity to
help calm them down.

Adapted from www.yourtherapysource.com

Friday

Are you tired of nagging your child to do the right thing? Skip the lecture! Instead, add these fun games to your parenthood playbook for teaching your child honesty, responsibility, compassion, and patience:

- I Spy (patience)
- Mother May I (respect)
- Sock Sort and Toss (responsibility)
- Balloon Bash (teamwork)
- A Few of My Favorite Things (empathy) Click here for directions to these games and more ideas in <u>English</u> or <u>Spanish</u>.

Caregiver Self-Care Tip

COVID-19 Mental Health Wellness Webinar Wed, July 15, 2020 from 1-2 PM
This free webinar presented by the Berks
Counseling Center is for those that typically
don't have significant mental health issues;
however, may be experiencing stress, anxiety,
or depression due to the COVID-19 crisis.
Learn more about your mental and emotional
health and when to seek professional support
for yourself or those you love. If interested in
attending this webinar, email Karen Kramer for
the Zoom link at KKRAMER@BERKSCC.ORG.