

Kindness and Reflection

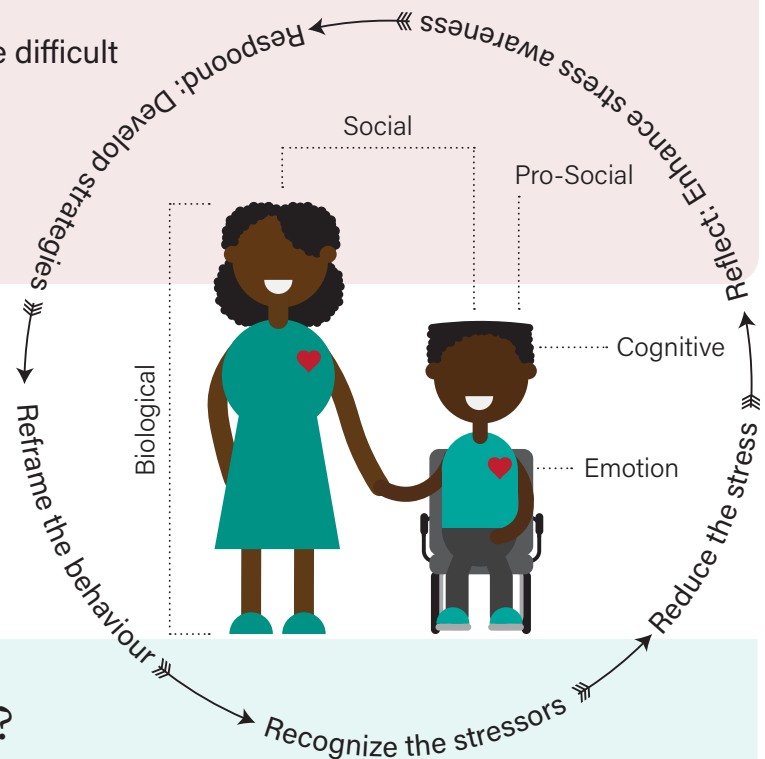
Well Being for Families with Children in Grades 4-6

What is Social and Emotional Learning (SEL)?

Social-emotional skills help us to be successful at home, school, and work. They are the kinds of skills that are needed to start and keep friendships, complete tasks, and stay positive in the face of stress or adversity. There are many social-emotional skills that we learn in life as we grow up into adulthood, but most fall into these main categories, skills that help us:

- identify and manage emotions
- cope with stress
- stay positive and persevere when things are difficult
- build and keep healthy relationships
- understand and celebrate our identity
- engage in critical and creative thinking

Source: Student Mental Health Ontario



How can parents promote SEL?

Social Emotional Learning (SEL) begins within you as the parent/caregiver. Your children learn how to differentiate unhealthy relationships from healthy relationships. They learn from their environment what is socially acceptable. Social Emotional Skills are needed in order to form healthy relationships, complete tasks, and work through stressors or adversity in life. "Your child learns these skills from you, and they are also taught at school. The way that we learn to develop these skills formally at school is called social-emotional learning. Students learn this as part of everyday classroom life and through a specific focus within the Ontario curriculum."

As a parent/caregiver, to initiate SEL learning it is important to role model these skills in your life as an adult. When a child has access to learning healthy SEL skills, it can contribute to their life success.

Source: [What is Social-Emotional Learning? - Parents and Families](#)

Lesson 9

Relationship Skills - Acts of Kindness

Strategy / Activity

What is an Act of Kindness?

Acts of kindness help students engage in more compassionate ways with each other, with family, and with the community, and appreciate the value of helping others. Through acts of kindness, students can build more positive relationships.

Take a look at this awesome resource!

http://bit.ly/RRHC_SEL05

Instructions / Lesson

Learning Goals

To help students learn about how kindness makes them feel, and that they can make a difference in the world through simple acts.

Support Strategies to Teach the Lesson

- Teach this skill when your child is calm and happy.
- Adapt for what works best for your child.

Activity

Acts of Kindness (Time: 15 - 30 minutes)

Brainstorm ways to do small, simple acts of kindness, for friends, neighbours, family, even for people you don't know!

Examples: kindness rocks, making a card, writing a letter, baking cookies, offering to make a snack, smiling and saying hello, opening a door, helping someone carry groceries, etc.

Make a plan and do an act of kindness

Spend some time discussing or journaling afterwards about how it feels to be the doer of a kind act!

Lesson 10

Stress Management - Breathe with the Bell

Strategy / Activity

Stress Management and Coping Skills

Practising deep breathing several times a day can help to increase alertness and reduce feelings of anxiety and stress. It can also help to enhance positive feelings, promote positive behaviour, and provide a sense of calm.

Take a look at this awesome resource!

http://bit.ly/RRHC_SEL09

Instructions / Lesson

Learning Goals

To help students notice what their mind/bodies tell them, so they can adopt strategies that will help them focus, self-regulate and calm feelings of anxiety when needed.

Support Strategies to Teach the Lesson

- Teach this skill when your child is calm and happy.
- Adapt for what works best for your child.

Activity

Breathe with the Bell (Time: 2 - 10 Minutes)

Items needed: A bell, singing bowl, chime, or free meditation app on your phone that has a singing bowl timer option. (Insight Timer is a great option - in the Timer section you can choose from a selection of sounds, which is really fun for kids to play with.)

Discuss the importance of listening to our bodies.

Ask your child:

Why is listening to your mind/body important?

What do you hear when you listen to your mind/body?

What could those things tell you about your day? Your feelings? Your thoughts?

Then introduce a simple breathing exercise as a strategy to regulate.

Ask your child to:

Sit in a comfortable position.

Keep your back straight and your shoulders relaxed.

You can close your eyes if you want or simply look down.

At the sound of the bell or chime, breathe slowly and deeply in and out through your nose until all traces of the sound have faded away into silence.

Repeat

After the activity, have your child reflect on how they feel now.

Adaptations/Extension

If you have multiple sound options, as you will if you download the Insight Timer app, try playing with the different singing bowl and chime options, listening to each fully until you can't hear it anymore, and then moving on to the next one. I have done this as a group activity before as well, so if you have multiple devices available with the app, you can take turns selecting a sound and create your own sound symphony. Have fun with it!

Another option is listening to a sound bath - lie down, breathe, and allow yourself to just fully listen and receive all the different sounds.

http://bit.ly/RRHC_SEL10

