

Peekskill City School District

Social Emotional Learning & Wellness Resources



These links include Social Emotional Learning activities that you can do with your child and topics that encourage the five social emotional learning competencies; self awareness, self-management, social awareness, relationship skills and responsible decision-making.

What is Social Emotional Learning (SEL)?

<https://www.youtube.com/watch?v=y2d0da6BZWA>

Managing your child's emotions:

Homemade Stress Ball Activity

<https://www.parenttoolkit.com/social-and-emotional-development/news/how-to-manage-your-child-s-emotions?lang=en> (English)

<https://www.parenttoolkit.com/social-and-emotional-development/news/how-to-manage-your-child-s-emotions?lang=es> (En espanol)

Mindfulness and Focusing Activities for all ages

<https://annakaharris.com/mindfulness-for-children/>

Videos to encourage indoor and movement activities

(3 free videos included)

<https://activityworks.com/>

Scroll down for movement breaks!

what's your name? Fit activity for kids

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.

- | | |
|---|--|
| 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 |

Parent Toolkit

<https://www.parenttoolkit.com/topics/social-and-emotional/social-and-emotional-development?lang=en>

Pre-K- Kindergarten SEL Resources and Tips

<https://www.parenttoolkit.com/grade-levels/early-education>

Grade 1 through Grade 5 SEL Resources and Tips

<https://www.parenttoolkit.com/grade-levels/elementary-school>

Middle School SEL Resources and Tips

<https://www.parenttoolkit.com/grade-levels/middle-school>

High School SEL and Resources and Tips

<https://www.parenttoolkit.com/grade-levels/high-school>

Non-Technological Options (for all grade levels)

<http://www.nysed.gov/edtech/pbs-live-broadcasting>

Early Learning Non-Technological Options

<http://www.nysed.gov/edtech/early-learning-non-technological-options>

Audible Books (all grade levels)

https://stories.audible.com/discovery/enterprise-discovery-21122353011?ref=adbl_ent_anon_ds_ds_dccs_sbt0-4

Recursos de aprendizaje social y emocional y bienestar

Hemos seleccionado recursos que pensamos que serían útiles para usted y su familia. Los enlaces consisten en actividades de aprendizaje

socioemocional que puede hacer con su hijo y temas que fomentan las cinco competencias de aprendizaje socioemocional; autoconciencia, autogestión, conciencia social, habilidades de relación y toma de decisiones responsable.

Kit de herramientas para padres

<https://www.parenttoolkit.com/home?lang=es>

Inteligencia Emocional

<https://esp.6seconds.org/inteligencia-emocional/>

<https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/hhs-sed-consejos-para-las-familias-espanol.pdf>

<https://www.parenttoolkit.com/social-and-emotional-development/news/how-to-manage-your-child-s-emotions?lang=es> (En español)

Libros audibles

https://stories.audible.com/discovery/enterprise-discovery-21122525011?ref=adbl_ent_anon_ds_ds_dccs_sbt0-8