



## Family Friendly Social Emotional Learning Activities

Screens, screens, screens! We live in a tech-driven world. Our children and teens are accessing apps, games, and video platforms, and we even ask them to use their devices for school! They are inundated with technology, so we must teach them to take a break from screens and change it up! Learners Edge curated a short list of family friendly activities to help. Take a look at these [Social Emotional Learning \(SEL\)](#) activities and try them with your family.

**Family Chats:** Use these [preselected prompts](#) to engage in conversations as a family. Keep these chats short and use them often...the dinner (or breakfast) table might be a great place to start.

**Problem Solving:** Encourage your child to attempt a [quick challenge to be solved](#). Have your children work together to discuss possible solutions and decide on one. Then have them share their chosen solution and rationale with an adult in the family. These can even be used as an adult-child activity, but you may want to let the child choose the challenge for more engagement and motivation.

**Positive Self Talk:** Provide the children in your life with a list of [positive affirmations](#). As you transition from one activity to another, or when you start the day, model using these positive statements and encourage children to repeat them as well. Pop a post-it on their bedroom door with a positive affirmation and see how long they will leave it up. (My teen son has one on his door that has been there for months! He sees it every time he enters his room.)

**Read Aloud:** Choose a picture book or novel to read with the children in your life or even as a whole family. Kids of all ages enjoy being read to (even though teens won't admit it). Use a book from the [Teaching Tolerance Staff Pick List](#) for a focus on diversity or choose one that [focuses on SEL](#). After dinner or at bedtime can be fantastic times to read together and can help move the focus away from screens including the TV.

**Movement:** Kids need to move to release energy and be physically healthy especially with the increased screen time they are experiencing. Try using some of the activities on the [Active for Life website](#) as your child transitions from one school activity to another. Try to get them to do a few each day. The Bear Walk is a favorite!

**Breathing:** These simple breathing exercises from [Headspace Kids](#) can be modeled for your kiddos and then practiced as well. Learning how to breathe through stress and into calm is a great life-long strategy we all need.

**Yoga:** Teaching young learners methods for regulating their bodies is important. Yoga is one physical activity that can help. Try using these [Cosmic Kids Yoga videos](#) during school transitions to encourage movement AND focus as your child moves into their next online classroom activity. These also make for great weekend morning activities as a family, too.

**Journaling:** Have your children, or even all family members, jot down their thoughts about a prompt or a reflection question. Then, encourage a family dialogue to encourage sharing. Better yet, use the great prompts in this downloadable [Make Kindness the Norm](#) challenge!

**Play:** Press pause on screen time and ask your children to complete one of the play-based activities in [The Play at Home Playbook](#). Take a look at the game “Red Light, Green Light”! It's a classic and a favorite.

**Videos:** Use any short video as a transition (or even a starter) for household or school activities! Take a look at Go Noodle’s [Take on the Day](#) video for a great morning transition to school or [Bring It Down](#) for when you need to calm the energy of your excited, energetic children.

**Stress Snowballs:** Kids write their stressors down on paper, share with family members *as they feel comfortable* and then crumple their paper into a “snowball”. Of course, they then must throw their stress snowball away! Take a look at how one teacher does this in person: [60 Second Strategy: Snowball Toss](#).