

SOCIAL AND EMOTIONAL LEARNING ACTIVITIES FOR ADULTS

Activity Link	Description	Social-Emotional Learning Skill
Simple Guide to Active Listening for Parents/Guardians	Listening is a really important life skill for parents. When your child feels listened to, they will feel like you understand them. Here are the steps to listen actively to your child. The link will tell you how.	Relationship Skills
Coping with Stress During an Outbreak	This CASEL resource shares ways to recognize that you are feeling stressed from various angles. It also shares ideas for managing the stress and emotions you may be feeling.	Self-Management Self-Awareness
Mindful Breathing for Adults	<p>When you are feeling stressed, practice anchoring your attention on a part of your body as your breath naturally moves through you. The practice of mindful breathing can create a habit of calmness and mindfulness when adapting to stressful situations.</p> <p>Use the following link to complete the guided meditation: https://www.uclahealth.org/marc/mpeg/01_Breathing_Meditation.mp3</p>	Self-Awareness Self-Management
The First Thing I Learned as A Monk.	<p>The benefits of deep breathing exercise are:</p> <ul style="list-style-type: none"> • Natural painkiller • Improves blood flow • Increases energy level • Improves posture • Reduces inflammation • It detoxifies the body • Stimulates lymphatic system • Improves digestion <p>There are several deep breathing applications and YouTube videos that facilitate deep breathing practices. Watch the following video on the power of deep breathing exercise</p>	Self-Management
Use Your Strengths	<p>Choose a personal strength, write how you're going to use the strength today, and then carry out your plan. This is a process that can be used anytime during the year, but especially during a stressful time. Try using this practice daily for a week, write and carry out the plan for using the character strength throughout the day, and then reflect on the experience at the end of the week.</p> <p>If you are unclear about your strengths or just simply interested in measuring your strengths, use the following link to register and take the free: VIA Character Strengths Survey for Adults</p>	Self-Awareness Self-Management
Manage Your Anxiety	<p>It's completely understandable for all of us to experience some level of anxiety during a time like this. However, it is extremely important that we recognize how we deal with our anxiety and stress will have a direct impact on our kids who are watching us nonstop. We must</p>	Self-Awareness Self-Management

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	deal with our feelings about this challenging time so that we can help our family navigate their feelings. Don't forget...our kids take cues from us on how to deal and we serve as their emotional coaches. Take a moment and read Manage Your Anxiety for some tips.	Responsible Decision Making
Recipe for Healthy Relationships	This is a perfect time for reflecting on the relationships in your life. How can you build and maintain relationships with people in your world? Take a moment to think about the components of a healthy relationship and what you can do to foster connection with the people that enter your world. Think of how you can refine your communication skills as well as deal with conflict during this time.	Relationship Skills Social Awareness Responsible Decision Making
Reframing Relationships	Cognitive reframing – also known as cognitive restructuring – is a psychological technique that allows you to actively reprogram your brain. In short, if you change your beliefs, you create a real, physical change in your brain. A negative thought becomes a negative belief, a negative belief becomes a negative emotion, a negative emotion becomes negative behavior. No matter what you want to change – something you do, something you feel, or something you believe, the change begins with your thoughts. Reframing leaves the facts alone but may well change the assumptions. This technique can be especially useful when building and maintaining relationships with others.	Self-Awareness Social Awareness Relationship Skills
Family Emotional Safety Plan	This practical article from Confident Parent Confident Kids explains that it is important to have a plan for how to handle emotions that might lead us in a negative direction if not handled properly. Use this tool to help you and your family to plan for self-management.	Self Awareness Self Management
Sanford Harmony Inspire At Home	Sanford Harmony offers virtual courses for SEL. These courses are designed for educators. However, parents may find them helpful as well.	All Competencies