

SEL for Early Childhood

<p>Good Morning song with family https://www.youtube.com/watch?v=xFFbWH3niaI</p> <p>Shake a Hand song with family https://www.youtube.com/watch?v=JWzJR_1eHlc</p> <p>Draw a picture of who is in your family. How do they look different? How do they look the same?</p>	<p>Good Morning song with family https://www.youtube.com/watch?v=xFFbWH3niaI</p> <p>Listen and Move song with family https://www.youtube.com/watch?v=j24_xH5uvdA</p> <p>Draw a picture of something that makes you happy. Talk about why it makes you happy.</p>	<p>Good Morning song with family https://www.youtube.com/watch?v=xFFbWH3niaI</p> <p>Mood Walk with family https://www.youtube.com/watch?v=8k32x-aYl4&t=79s</p> <p>Practice different emotion faces: What does a happy face look like? What does a sad face look like? What does a mad face look like? What does a tired face look like? What does a scared face look like? What does a silly face look like?</p>	<p>Good Morning song with family. Make a pattern as you sing. (pat/clap, stomp/clap) https://www.youtube.com/watch?v=xFFbWH3niaI</p> <p>Daniel Tiger Mad Song https://www.youtube.com/watch?v=xd4iTQpMw0E practice taking deep breaths and counting to 4.</p> <p>Use playdough to make different emotion faces- happy, sad, mad, tired, scared, silly (if you don't have playdough you can draw the different faces)</p>	<p>Good Morning song with family https://www.youtube.com/watch?v=xFFbWH3niaI</p> <p>Sesame Street Elmo Shows Emotions https://www.youtube.com/watch?v=dO_l0harbQg Pick your favorite music and have a dance party with your family!</p>
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