

2020-21 Resiliency Kit Family Welcome Guide



On behalf of Anderson District Two and the Carolina Family Engagement Center, we are excited to offer family engagement activities that promote social and emotional learning (SEL) and foster the growth and development of your elementary school age students! As a parent, you are your child's first teacher and actively influence your child's growth and development in many ways. Children need your help to develop and build resilience to counteract the many stressors they encounter in their daily lives.



The activities in this guide provide opportunities for families to creatively use the items in your 2020-21 Resiliency Kit to promote family fun and togetherness as well as social and emotional well-being. SEL serves as a strong foundation for academic achievement and school success. This guide includes family engagement activities that support development in all five SEL competencies including: *Self Awareness, Self Management, Social Awareness, Relationship Skills, and Responsible Decision Making.*

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What is resilience? The capacity to recover from difficult life events by bouncing back and continuing to grow despite life's challenges. All families face trauma, adversity, and other daily life stresses. By building resilience, children can adapt to life-changing situations, and emerge even stronger than before.

Why is resilience important? When children learn that they have what it takes to confront difficult issues, they gain confidence in their ability to work through problems they may encounter later in life. The more families and children successfully develop resilience the more likely they are to lead healthy and satisfying lives, no matter what life throws at them.

How can families help children build resilience? Children can develop the skills or strengths they need to overcome past negative experiences. Families play a crucial role in the development of their child's resilience. The most important thing families can do to foster resilience is to develop a supportive relationship with their child and create connections with supportive people in their community.

Other things families can do to build resilience in their children:

- ❖ Teach your child how to consider the struggles faced by others.
- ❖ Let children make mistakes and provide opportunities for do-overs.
- ❖ Identify and recognize your child's strengths.
- ❖ Give your child opportunities to develop mastery and responsibility.
- ❖ Identify one safe and supportive adult who your child can confide in.
- ❖ Teach your child how to problem-solve.
- ❖ Give your child opportunities to engage in activities he or she really cares about.
- ❖ Accept your child for who they are.



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SEL Competencies

Self Awareness: The ability to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

Self Management: The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Responsible Decision-Making: The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Relationship Skills: The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Social Awareness: The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

How Families Can Support SEL at Home: Think about SEL as an all day every day approach rather than using it as a strategy to manage a single behavior. Families can use their everyday interactions to build critical competencies that will help children throughout their day.

- Focus on your child's strengths.
- Use visual reminders or checklists to help your child plan for something new or challenging.
- Ask about feelings.
- Stay calm when you are feeling angry.
- Be willing to apologize.
- Encourage helping and sharing.

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What is the Carolina Family Engagement Center (CFEC)?

Funded by the U.S. Department of Education under the Every Student Succeeds Act, CFEC is a statewide family engagement resource center staffed by Regional Family Engagement Liaisons who provide professional development and technical assistance to schools, teachers, and families across South Carolina.

What are the benefits of family engagement?

Positive outcomes for students include: improved attendance, improved student behavior, higher test scores and better grades, and increased likelihood of staying in school and graduating.

How does family-school partnerships support student learning?

When families work in partnership with schools they create important opportunities to engage more effectively with their child's learning leading to improved outcomes in social, emotional, and academic development.

How can parents be more engaged in their child's learning?

Parents can find fun things to do at home and in the community to support and encourage their child's learning; talk to school staff and their children about what is being learned at school; encourage their child's efforts at school; monitor their child's progress frequently; and join school stakeholder teams such as PTO and SIC to have a voice in school decisions.



Items Included in Your Resiliency Kit

Sidewalk Chalk

Bubbles

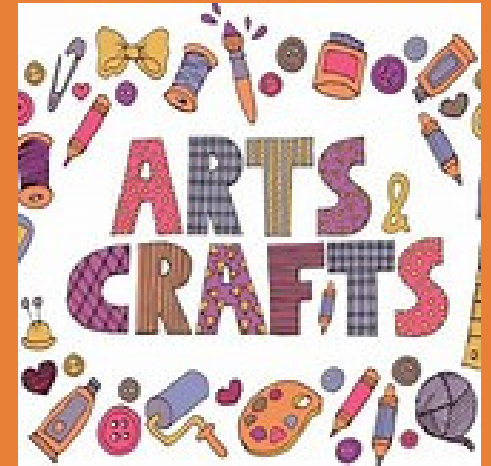
Playdoh

SEL Book

Dice

Pipe Cleaners

Colored Pencils



Growing SEL Through Reading

Reading with your child not only develops their vocabulary and literacy, it can develop their social and emotional learning as well. Next time you read a book with your child, practice asking your child these SEL questions from Thoughtful Learning.

Before Reading:

- Based on the cover, what emotion do you think the characters will feel most strongly during the story? Happiness? Sadness? Fear? Hurt? Love? Anger?
- What did you learn about the emotional state of the characters by skimming the first few pages?

During Reading:

- Can you identify the emotion(s) that the main character is feeling?
- What event or events led him or her to feel this way?
- How is the emotion similar to or different from what the character was feeling earlier in the story?
- How does the main character express emotions?
- Are the emotions expressed in a healthy and productive way?
- How do you feel about what is happening in the story and why?
- How would you feel if you were in the same situation as the main character?



After Reading:

- How did the main character's emotion change throughout the story?
- What emotions did you feel upon completion of the story? Why do you feel this way?
- Do you think other readers feel different emotions about the conclusion of the story? How so?

Sidewalk Chalk Mandalas



Mandalas are for everyone in the family!

- Mandalas are circular design patterns used throughout many cultures and have different meanings for people from different backgrounds.
- Mandala designs tend to be symmetrical, geometric, elaborate, artistic, and symbolic.
- Designing and coloring mandalas can help you focus your attention, feel a sense of peace and relaxation, and provide an outlet for creative self-expression.
- Use the chalk in your kit to draw a circle on the sidewalk.
- Begin to draw whatever patterns you want using any colors you want to use.
- There is no right or wrong way to make a mandala.

Family Vision Board

All family members work together to respond to the following prompts. Use magazine clippings or the colored pencils in your kit to add words and images.

A Picture of Us:

We are Grateful for:

Something We Do to be
Healthy:

We will support each
other by:

Our Family Logo and Motto:

Something that Makes
Us Happy:

Our Goals This Year:

Brain Breaks:

- Can be used to help kids and adults increase attention and productivity, and decrease frustration and stress.
- Should be used before fatigue sets in usually after 15 to 20 minutes of work or instruction.

Directions:

Use the dice in your kit to play this game. Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example if you roll a 1-2-4-3-6 you would perform the following brain breaks: 10 jumping jacks, five wall push ups, 10 twists at the waist, 10 jumps over a pencil on the floor, and 10 deep breaths.



Roll Some Brain Breaks!

	Column #1	Column #2	Column #3	Column #4	Column #5
●	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
● ●	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
● ● ●	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
● ● ● ●	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms
● ● ● ● ●	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
● ● ● ● ● ●	Run in place for a count of 15 seconds	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

Relaxation can have benefits for the entire family!



Bubble Breathing

Bubbles can be used to teach children relaxation breathing. The long breaths needed for bubble blowing are identical to the breaths needed for relaxation breathing.

Use a bottle of bubble to encourage your child to deeply inhale and blow out a long, slow breath to create a stream of bubbles. Invite your child to take a two or three second break and blow the bubbles again in the same manner.

After a few cycles of breathing out bubbles, let another family member take a turn so they can feel relaxed too!

Peaceful Breathing

How to Breathe

One: **SUN**

Look up to
the sky and
take a deep
breath.



Two: **SHOE**

Breathe all
the way down
to your foot in
your shoe.



Three: **ME**

Breathe up
from your
shoes and all
the way to
your head!

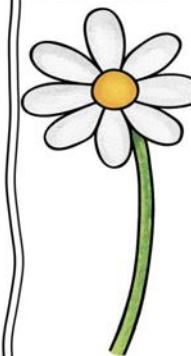


Four: **ONE MORE!**

If the first
three felt
good, try one
more!



LeftBrainBuddha.com



BREATHE IN

Pretend you
are smelling a
flower.

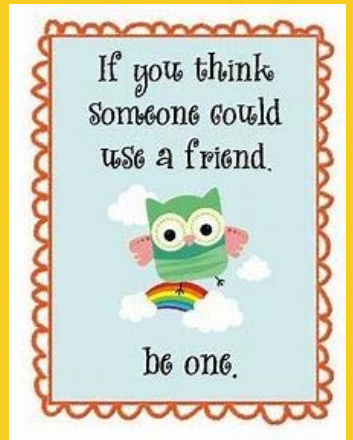
**BREATHE
OUT**

Pretend you
are blowing a
leaf.





Friendship Bracelets



Follow These Simple Directions:

Step one: Choose 4 pipe cleaners from your kit to make a braid. Use same colors at the ends and same in the middle. Or, just combine colors. Twist the top a bit first.

Step two: Overlap the same colors and cross. Do the same for the other colors and continue.

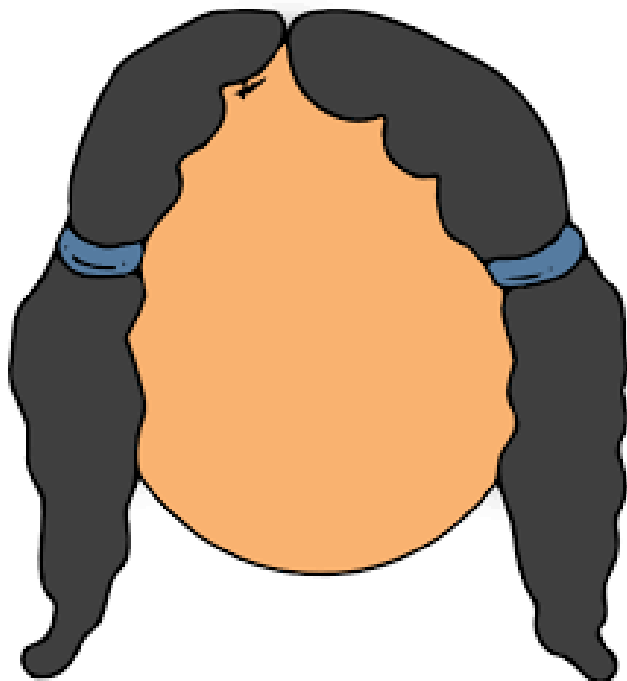
Step three: Twist bottom ends, as well, then adjust for wrist, overlap and twist. Make sure it is fully twisted and ends are not exposed.

Step four: Give the bracelet to a friend or family member and add a special message to let them know how much you care about them.



Playdoh Emotion Mats

Use the playdoh in your kit to create a variety of feelings using the emotion mats on this page or by drawing a circle on a piece of paper. Practice making playdoh faces that match the feelings listed below. Ask your child to tell you about a time he or she felt that way.



HAPPY

LOVED

SAD



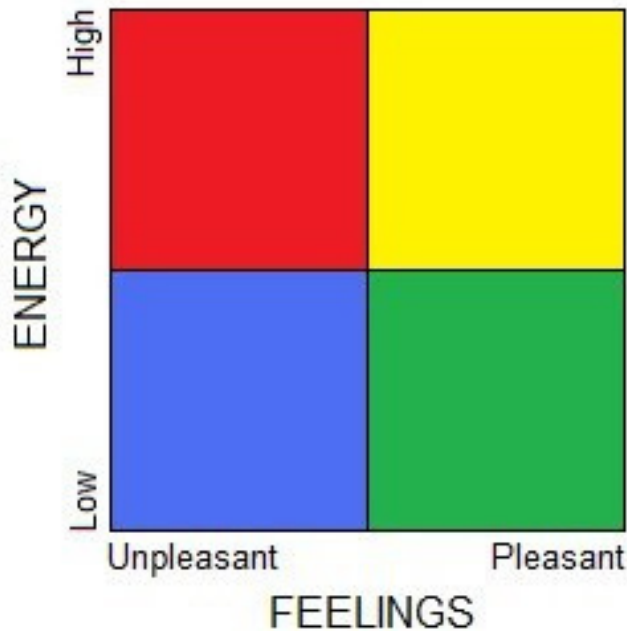
EXCITED

ANGRY

SURPRISED

Mood Meter

How Are You Feeling?



Answer the questions below to find out:

1. How pleasant are you feeling? High or Low?
2. How much energy do you have? High or Low?

Low Energy + Low Pleasant = Blue

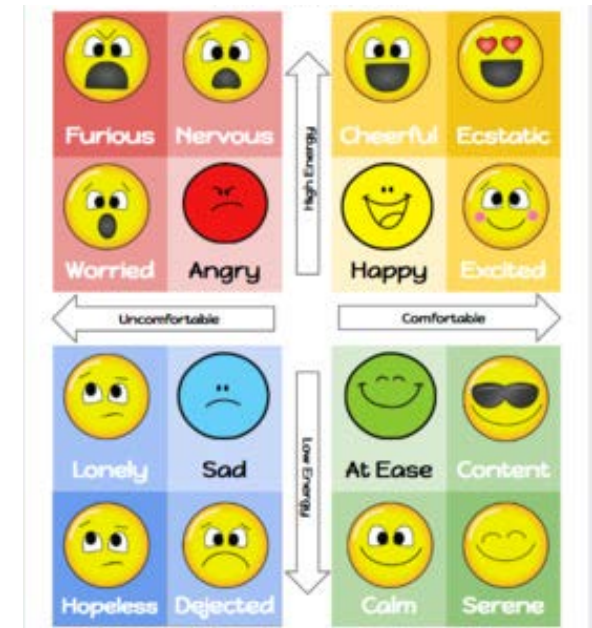
Low Energy + High Pleasant = Green

High Energy + Low Pleasant = Red

High Energy + High Pleasant = Yellow

Remember: All feelings are okay!

- You can always think different thoughts or do a different activity to change your mood.
- Different mood zones are needed depending on what you are doing or trying to accomplish.
- Sometimes something happens or you think of something that makes you feel a certain way.



Social and Emotional Learning Resources



[CASEL.org](https://case.org) - Collaborative for Academic, Social, and Emotional Learning

- SEL for Parents - Video in [English](#) & [Spanish](#)
- SEL in [Homes & Communities](#)



[SEL4SC.org](https://sel4sc.org) - Social Emotional Alliance of South Carolina



[SEL.ed.sc.gov](https://sel.ed.sc.gov) - South Carolina Department of Education