

Daily Social Emotional Well-being Activity for Families

The novelty is wearing off, we know it's stressful to adapt to our new reality. Today, take a pause, reflect on your time together – what has worked well, what are we struggling with daily. Ask our kids – what do we want our day to look like? How do we want to feel? How can we help each other get there?

A discussion about guidelines & agreements to work together through this is not about the list of actions that it may generate, but is about the conversation about how we want to feel and be treated

Take a few moments to reflect on your family rules, adjust together, to help everyone in your household be productive and feel safe & supported.



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We Are Unique!

Family members are unique & special. People are alike in some ways and different in others. Remind your child that 'unique' means something different or special that is not seen often. Talk about what makes you unique and ask them what makes them unique. Ask children to draw a picture of each family member showing what makes everyone unique.



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The First Time!

People can have many different feelings about doing something new, such as excitement or nervousness, and it's good to talk about these feelings. Invite children to draw pictures of a time when they tried something for the first time. They may have tasted a new food, learned a new skill, or visited a new place. Ask them to tell a story about what they did and how they felt.



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Brighten My Day!

At the dinner table, take turns giving compliments to each other. They should be specific, delivered with a smile, and make everyone happy. Share how it felt to both give & receive compliments.



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Family Awards

Family members are good at many different things – sports, music, games, chores, and things that keep our families and neighbourhoods running smoothly. Celebrate these achievements – make awards for each family member to honour their achievements & talents.



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Family Willpower

Remind children to ask themselves these things when you find yourself having difficult feelings about a task:

- Why is this important?
- What's something I've tried to do in the past & succeeded?
- How will I feel when I learn to do this?
- What's something positive I can tell myself about doing this?



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Learning New Things

A skill is something we learn to do (reading, listening, playing hockey)

A talent is similar, except that a talent is usually an ability we are born with, such as the ability to paint or sing.

Skills & talents improve with practice.

Ask children about a skill they have. Then talk about a skill they want to learn and put a plan in place to learn it.



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Stepping Up to Goals

Work together as a family to identify a goal to accomplish in your home and/or neighbourhood.

- Break the goal into smaller parts.
- Work toward achieving each step in the goal.
- Celebrate success after each small step.
- Achieve and celebrate your goal!



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Stick with It!

Identify a common, often taken for granted, item around the house - lamp, piece of paper, chair, scissors, etc. Consider what the world would be like if the person who had invented it had given up. Why did they stick with it? What if they hadn't? How would it change our lives?



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What's My Feeling?

Remind children that it's important to identify and name our own feelings. It's important to identify and name others' feelings. Our feelings often show on our faces. Play a few rounds of a simple game. One family member whispers a feeling, such as happy, sad or scared, to the child. The child acts out the feeling for another family member. The second family member tries to guess the feeling.



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It's Emotional

Read a book or watch a movie together. Think about the feeling words and behaviours of the characters. What words did you hear the characters use? What did the faces or bodies look like when they used these feeling words?



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Keep Track

Keep a log or chart of all the compliments or other acts of kindness you do or witness in a day. We see what we look for – so let's spread the kindness 😊



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Thank the Helpers

Think of all the different ways we can say thank you to the “helpers” in our lives - make signs for the window, create care packages, wave, bang the pots or make noise in your community at a given time. Let us know how you are showing your appreciation to the “helpers”.



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Create Friendship Books

This is a special weekend for many of us, that we aren't able to celebrate in the traditional way. Think of 3 special people in your life – family and/or friends. Create a friendship book for each one. Use these as guides:

I like how you...

I remember when we...

You make me feel special when...

You are special because...

Thank you for...



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We are Like a Rainbow

Look for pairs of objects around the house that are alike or different (oven mitts, books, salt & pepper, shoes, etc.). Ask how they are alike? Different? Make a connection with people – we all have parts in common and parts that are unique.



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A Positive Plan!

Thank about some challenging situations that may affect your family in the next week. Plan thoughts and actions to make sure we remember to respond in positive ways.

Name the emotion – “I feel...”

Make a positive thought about it – “I think...”

Take action on that thought – “I will...”

Name the new emotion – “Now I feel...”



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Just Relax!

Work together to decide on a family quiet time. By taking time to relax, we will feel calmer when upsetting things happen. After we've tried our quiet time, let's see if we feel that we could respond more positively to anger or upsetting situations. Where is your cool-down space? When is your quiet time?



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The Listening Light

The Listening Light can help us to hear what's being said

The Light that says stop talking is brightly coloured red!

You need to see who's talking whether they're glad or mellow

Look right upon the speaker when the Listening Light is yellow!

If this colour is flashing, this is what it means:

Listen to the speaker when the light is green!



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Be A Friend!

Remember that friends:

- Listen to each other
- Work well together
- Respond well when a friend makes you angry
- Respond well when a friend is angry with you

Everyone in the family can share stories of friendships using specific examples of how friends listen, work together and respond to anger.



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Hands Are For Sharing!

Talk about items that are shared, and “special” items that are not shared – like a cherished gift or family heirloom.

Trace two overlapping hands on a piece of paper. Draw pictures or write down words to describe things that you would like to share with family and friends.



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Magic Words!

Share some ways we can ask politely for things we want or need at home. Talk about how this helps keeps things positive and running smoothly.

- *Please*
- *Could I*
- *Thank you*
- *May I*
- *Would you*



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Thankful for Family!

What are some roles or jobs that our family members do to help out at home? Create cards for at least two family members that:

- Say “thank you” in some way
- Thank people for specific things
- Can include a drawing instead of words



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Earth Day!

Doing a service activity builds empathy, develops responsibility, increases awareness of social issues, empowers young people, and provides an opportunity to practise skills.

On this Earth Day – go for a walk in your own neighbourhood – take a bag and pick up garbage along the route. Ask children what else they can do to protect our environment.



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Think and Choose!

Step 1: THINK

Step 2: CHOOSE

Make decisions that will keep you safe, healthy, and happy. Rely on trusted adults to help provide you with your choices.

Practice making decisions together using the Think & Choose model – i.e. what snacks to have, playtime activities (games), books to read, clothes to wear.



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Healthy Choices!

Encourage children to think about the healthy choices in their lives. Create a pie chart with three equal parts – Healthy Body, Healthy Mind & Healthy Heart. Draw pictures or write captions to complete the chart. Ask children to think of helpful decisions they can make to keep their bodies, minds and hearts healthy.



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Helpful or Harmful!

Helpful decisions keep us safe and don't hurt anyone. Decisions are harmful when they break the rules, hurt someone, or disobey someone.

Make a sign with a happy face on one side and a frown on the other. Read a book, watch a tv show or movie and hold the smile sign for helpful decisions and the frown for harmful decisions.



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Health Mobile!

Make a health mobile featuring images or drawings of activities your family can do to stay healthy. Activities should relate to exercising, healthy eating, safety, and personal health care. Use string and paper clips to make a mobile to hang from the ceiling.



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Trusted Adults!

Trusted adults can provide us with safe & healthy choices. Write trusted adults names and other names on index cards. Have children read the name on the card and sort it into “Trusted Adults” and “Others” categories.



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Who Cares? We Care!

There are six caring circles. Draw a circle for each and all family members list people whom they cared for and who cared for them in each circle. Ask family members to share ways that they showed they cared.

Family
Community

Class/Workplace
Country

School/Company
World



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You Are Appreciated!

Make a thank you badge for someone who is helping you through this pandemic.

Write the adult's name in the top of a circle in big letters.

Decorate it with a drawing or short message that tells a way this person has helped you.

Sign your name at the bottom, and colour or decorate the badge.



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Family Fun!

Each person in the family thinks about activities they enjoy doing together. Toss a soft ball (or rolled up socks) to each person and invite them to complete the sentence – “Family fun is...” Repeat this several times and then make a plan to do as many activities as you can over the next few weeks/months.



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