

EMOTIONAL RECOGNITION UNIT

As students adapt to home-schooling and greater amounts of family interactions, they have the opportunity to practice new social skills in a more controlled, understanding environment. This week, focus on regulating their emotions during new routines and increasing positive family interactions.

Understanding Feelings

- We All Have Feelings Introduction Video Lesson + Companion Worksheet

Understanding the Feelings of Ourselves and Others

- Reading Facial Expressions Introduction Video Lesson + Companion Worksheet

Identifying Feelings

- Emotion ID Video Lesson + Companion Worksheet

Feelings Review

- Bingo Emotions Web Game

SELF-REGULATION UNIT

The novelty is over. As households in lockdown feel the boredom, self-control can wane. Maintaining self-control over impulsive emotions requires an awareness of one's mental and physical states. Students will learn to apply calming strategies early in the process as a way of maintaining dignity and composure.

Keeping a Calm Body

- Keeping a Calm Body Video Lesson + Companion Worksheet

Keeping an Open Mind

- Keeping an Open Mind with Friends Video Lesson + Companion Worksheet

SELF-REGULATION UNIT (continued)

Changing the Channel on Tough Feelings

- Changing the Channel Introduction Video Lesson + Companion Worksheet

Using Your Self-Controller Scanner at School

- Using Your Self-Controller Scanner at School Video Lesson + Companion Worksheet

KEEPING CONVERSATIONS GOING UNIT

We use the concept Conversation Drivers and Stoppers to label actions that either drive or move a conversation forward, or stop the conversation. Once learners can maintain the conversation, they can practice Making Connected Comments, i.e. staying on topic. Use this time as a great opportunity to practice conversations with your children at home or foster conversations between siblings!

Conversations Drivers and Stoppers

- Conversation Drivers Introduction Video Lesson + Companion Worksheet
- Starting Conversations Drivers vs Stoppers Worksheet

Making Connected Comments

- Making Connected Comments Video Lesson + Companion Worksheet
- Connecting Comments Prompts Worksheet
- Will of the Wheel: Basic Conversation Skills Game

Early Learners and Lower Elementary Social Skills

BEING KIND AND COOPERATING UNIT

Layers of social complexity are added to play as children age. This unit deconstructs those layers so students can master one at a time.

Think It or Say It

- Think It or Say It - Younger Video Lesson + Companion Worksheet

Play Skills

- Listening to Friends' Ideas Video Lesson + Companion Worksheet

Play Skills

- Being a Good Sport I Video Lesson + Companion Worksheet

Play Skills

- Will of the Wheel - Play Skills Game

SITUATIONAL AWARENESS UNIT

Parents working from home require periods of quiet and privacy. Situational Awareness teaches learners to notice their environment and adjust their own behaviors to match the time, place, and location they're in. They'll learn to take stock of others' needs, wants, feelings, and thoughts.

Thinking About Others

- Thinking About Others Introduction Video Lesson + Companion Worksheet

Tuning In

- Tuning In Introduction Video Lesson + Companion Worksheet

Social Chameleon

- Social Chameleon Introduction Video Lesson + Companion Worksheet

Social Chameleon Behaviors

- Social Chameleon - Sorting Behaviors For Different Situations

Early Learners and Lower Elementary Social Skills

PROBLEM SOLVING UNIT

This complex goal pulls together multiple cognitive skills that are used in order to make decisions. New thinking pathways are created as students practice a series of steps to analyze the problem, determine if there is a need for help, devise logical solutions, and use critical thinking skills to choose the best solution.

Problem Solving Introduction

- Problem Solving Video Lesson + Companion Worksheet

Staying Calm to Solve a Problem

- Staying Calm to Solve a Problem Video Lesson + Companion Worksheet

Being Fair

- Solve It - Friends - Being Fair Video Lesson + Companion Worksheet

Problem Solving Review

- Problem Peak Web Game

EMPATHY & FRIENDSHIP UNIT

Empathy is understanding how someone else feels and then taking an extra step to show them we care. Learners take another's perspective by accessing all the information they know about that person and applying it with the current situation. When we can do this, we successfully adapt behavior to align with another's mood, thereby forming stronger bonds and relationships.

Play Skills

- Being a Good Sport Video Lesson + Companion Worksheet

Behaviors of Friends

- Friendship Board Game

EMPATHY & FRIENDSHIP UNIT (continued)

Playing with Others

- Waiting Your Turn Video Lesson + Companion Worksheet
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Perspective Taking

- Empathy Essentials Introduction Video Lesson + Companion Worksheet