

HOME CONNECTS



Social-Emotional Learning Objectives:

- Learning to slow down and be fully present.
- Seeing how heavy our past can be, and freeing ourselves from it.
- Finding ways to be our own best friends and take care of ourselves.

Let's Chat Conversation Questions:

- What do you like to do?
- Give examples of when you've worked hard and gave something your all.
- How did it feel to give a big effort?

Respectful Ways Q&A:

Q: What does it mean to ***be fully present***?

A: *You can be somewhere, but be so distracted or worried that you're not really there. Being present is being focused and aware in the moment you are in, so you can be at your best.*

Q: What is ***being your own best friend***?

A: *Think about the love you give and receive from someone you care about. To be our best, we need to show the same care for ourselves as we receive from others.*

Home Connects Activity Ideas:

- Set aside time to be fully present with each other. Turn off the television, power down the electronic devices, and put other things on hold. Go hiking as a family, work on a project together, or play a board game after dinner. You'll be glad you did!
- Work on your past together. If there are things that, as a family, you need to put behind you, talk to your kids about letting them go.
- Show your kids how to be your own best friend by modeling good self-care. Talk about what you're doing for yourself and why you do it.



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