

# Social Emotional Learning (SEL)



This type of learning targets kids fears about social situations after spending a year in isolation and helps with controlling emotions such as anxiety. The 5 core aspects include self-awareness, self management, social awareness, relationship skills, and responsible decision-making.

## Ways to promote this learning:

1) Create a predictable routine to ease kid's anxiousness such as:

- Making bed to signal start of day
- Morning Stretches

2) Morning Check-Ins

3) Engage in activities such as reading a book and problem solving any conflicts mentioned



## Scholastic Books



- Offers book suggestions for 3-13 year olds
- Provides links for purchases
- Picture books, graphic novels & chapter books
  - <https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/best-childrens-books-this-year.html>

## Jump Start: (Online)

Free Activities for 8 year olds

- Math, English, Science, Online Games, Reading & More!
- Excellent for learning and keeping a child engaged and entertained
  - <https://www.jumpstart.com/parents/activities/activities-8-year-old>

# Back to School Tips for Parents



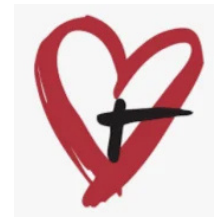
We empower our kids to work hard and feel comfortable going back to school



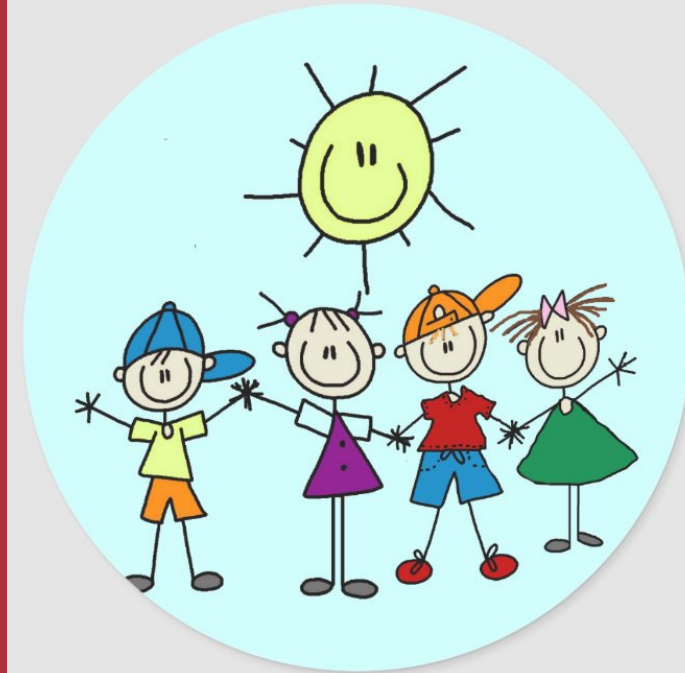
- Facilitate and increase online interactions between kids: virtual or long-distance appreciation or gratitude circle
- Discover coping strategies like stress relief toys, music, breathing and counting.
- Start creating structured daily schedule and minimize screen-time to prevent withdrawal
- Model calmness and positivity
- Provide reassurance
- Give open and honest conversations addressing expectations, emotions, problems, and any uncertainties
- Stay connected with teachers and th school
- Maintain self-care
- Join pandemic support Facebook groups for parents
- Know when to seek professional help

## Location

25 Leonard Street  
Dorchester, MA  
02122



# St. Ambrose Family Shelter



A guide on back to school transition during COVID-19

# Mental Health



## "66% of School-Age Kids Anxious About Going Back to School After COVID-19"

A prolonged period of social isolation has a great potential to cause short-term or long-term mental health impacts in children including negative feelings, avoidant behaviors, and unwanted thoughts or images.

Going back to school this year comes with new challenges due to the pandemic.

## Play and Social Engagement



Since the pandemic, limited play opportunities have been provided for kids of all ages.

Play is one of the most important activities to incorporate back into a child's life, especially as they transition back to environments with others, like school.

## Suggestions for Play

- 1) Child Driven:** An hour each day for the child to play on their own with minimal supervision. This allows for creativity and imagination growth
  - Art projects i.e. drawing with chalk, finger painting
  - Hula hooping
- 2) Competitive play:** have child compete to learn emotional regulation and teamwork
  - Capture the flag
  - Four Square
  - Freeze Dance/ Freeze Tag
  - **Website: Kids Activities**
    - Provides an explanation for how to play competitive, fun games
      - <https://kidactivities.net/35-fun-competition-games-for-kids/>
- 3) Brain breaks:** After working, give and take breaks to allow for play.
  - Puzzles
  - Dance parties
  - Card Games like Uno, Go Fish
  - Trivia

## Boys & Girls Club of Dorchester

Registration: \$5

- Arts & Music Programs
- Character & Leadership Programs
- Virtual programs
  - <https://www.bgcdorchester.org/programs/>

## INTRODUCTION

School plays a crucial role in children's academic achievements, social emotional development, and physical health. Since the pandemic, everything was put on hold. An estimate of nearly 3 million marginalized students appear to not be in school at all.

As schools began to reopen, parents and schools need to be prepared for a possible spike in mental health crisis after a year of isolation and transitioning into the "new normal".

"24 % increase in mental health related visits from children ages 5-11 compared to last year"

