



East Orange

SCHOOL DISTRICT

Special Education Department

Social Skills and Self-Esteem Strategies and Activities You Can Do at Home with Your Child

PRESCHOOL

5 Tips to Help Preschoolers Develop the Social and Emotional Skills: Handout (Attached)

ELEMENTARY SCHOOL

Online Social Emotional Reading Selections Available on the following Sites:

Site: <https://www.biguniverse.com/app/library?term=character+education>

Log-in Credentials:

Username: Digitalstudent

Password: Wonders2020

Group name: mcgraw

(all case-sensitive)

Self-Esteem Activities to Try at Home:

Chore with a Purpose

Focus Skill: Care of Environment

Taking on a consistent chore can be a huge responsibility. In order to promote your child's confidence in their ability to care for their environment, have them pick out a special chore. They could be in charge of watering the plants, walking the dog, or sweeping the floor. Compliment them for good, consistent behavior with specific praises such as, "The plants look nice and healthy because you've been watering them regularly" or "Thank you for walking the dog every day. I know he enjoys it!"

Float Your Boat

Focus Skill: Problem-Solving

Problem-solving is one of the best self esteem activities. Give your child an open-ended challenge and let them brainstorm ways to create solutions. One great exercise is to give your kid several items from the recycling bin—milk jugs, cans, cardboard, glass jars—and challenge them to build a boat. Provide tape, glue, string...and nothing else! Let them experiment with different ways to put together their boat. Then test their creation in a lake or pond. This is also an excellent group activity.

MIDDLE SCHOOL/HIGH SCHOOL

Online Interactive Site

<http://www.cccoe.net/social/directory3.htm>

Activities:

Emotion Charades

Instead of using movie titles, animal or other typical words, use emotions. Write down feeling words on pieces of paper – or, print out and cut up the worksheet below. Take turns picking a slip of paper and then acting out the word written on it. You could substitute written words for pictures showing the emotion. If kids prefer, you can draw the emotion rather than act it out like in the game Pictionary. You can make it harder by setting a rule that you cannot draw the emotion using a face. Instead, they have to express the feeling by drawing the body language or aspects of a situation that would lead to that emotion (e.g. for sadness, you can draw a kid sitting alone on a bench, or a rainy day, etc.)

“Inside Out”

[Inside Out](#) is an animated Pixar film about the feelings of an 11-year-old girl named Riley. Anger, Sadness, Joy, Fear and Disgust are all characters in the film. They must work together to help Riley make the right decisions in life. *Inside Out* is more serious than a typical Pixar movie, but it can teach kids a lot about emotions. (Read [why Inside Out is great for kids with attention issues.](#))

Common Sense Media Recommended Ages: 6+ Rated: PG

Discussion Questions to Ask Your Child

- Why is it hard for Riley to tell her parents how she is feeling?
- How does Bing Bong feel when he helps Joy escape?
- What does it mean to have “mixed emotions” about something?