

Hi Mill Road Friends,

We've been thinking about each of you every day! As the helper people at Mill Road, you know that we CAN'T let you forget all of the things we have talked about this year :)

If you're looking at this on a computer or an iPad, when you see a picture, you can click on it and it will let you watch a video. If you are looking at this on paper, then you can jump right to the activity.

Please don't hesitate to reach out to us if you have any questions, or if you just want to say hi!

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Social Emotional Learning at Home

with Mrs. Bathrick &
Mrs. Kiggins

WEEK 1

EMOTIONS



Think:

What is an emotion?

Which emotion are you feeling right now?

What can you do when you are feeling grumpy?

What can you do when you are feeling sad?

Activity:

Make a list of all the things that make you happy.



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WEEK 2



Think:

How does a person's face change based on their emotion?

How does a person's body change based on their emotion?

Which of these emotions are you feeling the most right now?

Activity:

Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry.

Draw a picture of yourself showing each emotion.

