



Family Activity

Community Contributions

What is Social and Emotional Learning?

Learning is not limited to science, math, reading, and writing. Social and emotional learning—which helps children understand their emotions, manage their behavior, and learn how to interact with others—is crucial too! There are five focus areas in social and emotional learning: Self-Awareness, Self-Management, Responsible Decision-Making, Social Awareness, and Relationship Skills. Each area focuses on skills that can help children do well in school, form healthy relationships, and develop into successful adults.

How Does this Activity Relate to Social and Emotional Learning?

Children need constant opportunities to strengthen their social and emotional skills before, during, and after school. That's why this activity is specially designed to help you bring social and emotional learning into your home in a fun way that will benefit everyone who lives there! As you work together on the activity, each family member will strengthen these three social and emotional skills:

- **Responsible Decision-Making** focuses on our ability to make positive decisions and take responsibility for the outcomes of our choices. Another way to look at Responsible Decision-Making is: *I understand the choices I make should be what's best for me to do, and what happens is on me and not any of you.*
- **Self-Management** focuses on our ability to control our behaviors and regulate our emotions in different situations. It also focuses on our ability to set goals and work toward them. Another way to look at Self-Management is: *Life's full of surprises that make me feel different ways. If I can control myself, I'll have much better days.*
- **Relationship Skills** focus on our ability to relate well to others. Another way to look at Relationship Skills is: *I am a friend. I support and trust. Working together is a must. Kind and caring I will be. I listen to you. You listen to me.*

Family Activity Guide

In this activity, your family will observe, appreciate, and contribute to your community in a positive way!

Explore & Observe

Begin by taking a family walk, drive, or ride around your community. As you do, encourage everyone to look for parts of your community that make them happy—such as a park where children are playing, a favorite restaurant, your local elementary school, or a community garden. You can even do this on your way to school, picking up groceries, or anytime you are out in the community.



If you are going for a walk or a drive, it may be fun to bring notebooks and pencils along so you can record ideas in real-time. If you are biking or participating in a more active exploration, you can also jot down your ideas when you get home.

No matter what, be sure to share your thoughts with each other so you can learn about the happiness that your surroundings bring. This is where beauty exists, in your community!

Apply

Now, consider what your family could do to give back, bring happiness to others, and make your community even more beautiful. No idea is too small or too large!

Read through the list of 10 Community Take Action Ideas included on the final page. Then either select one that you would like to complete as a family or develop your own.

Make it Happen

1. Once you have chosen a Community Take Action Idea, think about the logistics. Is your idea something that your family will do once or is it something that you will repeat on a weekly, monthly, or regular basis?

Work together to create a goal that explains what your family will try to accomplish and either when you will accomplish it or how often you will make it happen.

We will take action in our community by...

2. Then discuss the smaller steps your family needs to do to accomplish your goal and record these ideas in the To-Do column below. Also, decide which family member(s) will be in charge of each task. Make sure everyone has the chance to take the lead on at least one To-Do. Consider hanging the To-Do list somewhere in the house for everyone to see on a regular basis!



Community Take Action To-Do List

To-Do	Who's in charge?	Complete? <input type="checkbox"/>

3. Once your To-Do list is ready, it's time to tackle it! Encourage each family member to check off the To-Do's as they are completed so everyone can see the progress you are making as you work together toward your goal.



Reflect & Discuss

Once your family has achieved your goal, take a moment to reflect on the experience together.

Conversation topics include:

- How did our action make a difference?
- What happiness or beauty did we see as we worked together to complete our goal?
- Why is it important to give back to our community?
- What can we do next to give back, take action, and make a difference?



Take Action Ideas

- Organize a community trash clean up or simply do it as a family
- Visit or call an elderly neighbor or a neighbor who lives alone
- Begin a community garden
- Hold a drive for necessities like food, books, clothes, or school supplies
- Begin a recycling campaign or program
- Help community members with chores or yard work
- Volunteer at a local soup kitchen, senior center, or animal shelter
- Paint a community mural
- Leave positive messages on the sidewalk with chalk
- Plant a tree
- Write thank you notes to local heroes, such as fire fighters, police officers, or teachers

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