



Soar with Wings Family Activity: The Family Diner

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 four social and emotional skills together:

- **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.*
- **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.*
- **Social Awareness** focuses on our ability to empathize with others. Another way to look at Social Awareness is: *I understand others are unique. I want to learn more about everyone I meet. I want to step into their shoes and see what they are going through.*
- **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 work together to transform a family meal into a special experience at your very own "restaurant"!



Prepare & Plan

Take a moment to discuss whether your family members consider themselves to be a team. What teams have members of your family been on in the past? How is your family similar to these teams? How is your family different from these teams?

Explain that your family is about to turn your kitchen into your very own family restaurant. In order to do this, everyone will have to work together as a team! Read the *We Are a TEAM* handout and make sure each family member understands what the four letters in T-E-A-M stand for.

Once everyone agrees to work together as a *TEAM*, begin planning for your restaurant's very first meal. Ideas include:

- 1. Choose a name:** Work as a TEAM to brainstorm a name for your family restaurant. Only your family will be eating here, so choose a name that has meaning to you. Brainstorm several names together. Choose one and then add the name to the "Welcome to..." sign and have each family member add his or her own personal touches.
- 2. Select a meal:** After picking a day that works best for your family, decide whether you'll be serving breakfast, lunch, or dinner. Then choose what you will cook! If you'd like to try making something new, a recipe search engine like [ChooseMyPlate](#) may be helpful. Once you've selected a meal, work together to check which ingredients you already have at home, so you can create a shopping list before you go to the grocery store.
- 3. Design the menu:** Use the Menu of the Day sheet to explain the items your restaurant will serve. For instance: What drinks will be available? Will there be more than one course? Will any special ingredients be used? The menu designer(s) can be creative as they produce a menu that shares what the diners have to look forward to.
- 4. Prepare your eating space:** Think about how you can make your eating space extra special. Could you design and create your own placemats? Are there family photos you could place on the table? Decide on a theme as a family, and then work to make it happen.
- 5. Choose the background music:** Music can set the tone for your whole meal! Talk about the vibe you'd like your restaurant to have. It could be laid-back and relaxed, happy and upbeat, or you could even pretend you traveled to another country! Create a playlist together and then have a device handy so you can listen during your meal.
- 6. Designate roles:** A restaurant relies on all of its staff to run smoothly. Decide who will take on the role of servers, chefs, and clean-up crew. Try to have at least two family members in each position so you can collaborate to get the job done, even if it means everyone has multiple responsibilities.



Serve & Enjoy

Once all the planning is complete, your restaurant is ready to open! Remind your family that above all, you will work together as a *TEAM* to bring your restaurant to life. Follow your plan, but improvise if not everything goes as expected. If you have any conflicts, try to put yourself in each other's shoes before you react. And, above all, have fun and enjoy each other's company!

Clean Up & Discuss

Once the meal is over and cleanup is complete, discuss the experience with your family:

- In what ways did we work well as a *TEAM*?
- What was most difficult about working together as a *TEAM*?
- What choices could we make to help us collaborate even better in the future?
- Managing our emotions, doing our best to understand others, and making positive decisions are all important parts of being a good team member. With these qualities in mind, take turns giving each family member a compliment for their contribution to your family restaurant team.

We are a **TEAM!** We...

Tell our strengths and weaknesses.

Express (or say) words kindly.

Act as one...Win together and lose together.

Make sure everyone is included.

Welcome to...



MENU OF THE DAY

