

Question and reflective strategies to support Social Emotional Learning Goal 1

Develop self-awareness and self-management skills to achieve school and life success.

Increasing opportunities for families to interact and communicate is beneficial to developing SEL skills. Using the question stems below can provide caregivers with topics to include. Parents should be interactive in the conversations by answering as well as asking the questions. There are NO WRONG ANSWERS to the questions below. Children's responses may not match what you thought, but they are their perspectives and will guide more conversations.

What makes you angry?

What do you like most about your life?

What do you like least about your life?

Would you consider yourself a leader or a follower?

Have you ever stood up for something you believed in? Describe the situation.

What are you most proud of?

What strengths do you bring to your family?

What subject in school be most useful in life? Why?

What personality trait gets you in the most trouble?

What is something you would like to learn to do?

Are you named after someone? Who?

Have you ever been homesick? What made you feel better?

Do you think people are motivated by external rewards or internal rewards or both?

What motivates you to well in school work?

What do you appreciate about your family? Explain.

What do you think your friends would say that they like most about you?

Define integrity.

Who do you miss?

How can parents best show their love for their children?

Who is your favorite signer or musical group or song?

Name one goal you have for yourself.

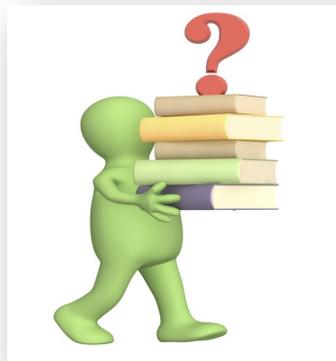
What was your craziest or most embarrassing hair style you ever had?

What is the most exciting sports event you have ever attended or watched?

Who is the best joke teller in your family?

Who is your favorite cartoon character? Why?

What is the nicest thing that someone has ever done for you?



Have you ever told a firefighter or police officer that you appreciate them?

Other than family, who is your hero? What makes them a hero?

What is the scariest thing that has ever happened to you?

What do you feel are your top two talents or abilities? What are you doing to develop those?

Who would you be if you could be someone famous? Why do you choose this person?

Who inspires you to be a better person and how do they do it?

How will you know when you are grown up?

Excluding your parents or siblings, who are three of your most favorite relatives? Why?

What is the most special day of the week in your home? What makes it so special?

What kinds of things hurt your feelings?

Where do you feel most frightened? Where do you feel most safe? Why?

When is it hard for you to say "I Love You"?

What is something you would like to accomplish and why?

If you were being abducted what would you do and how? Demonstrate it.

What do you worry about the most and why?

Have you ever been in big trouble? Why? What did you learn from it?

What is something that you do that gives you the most personal satisfaction?

What do you do or how do you act when someone is angry or upset with you?

What foods or smells remind you of when you were younger?

When are you most frightened? What makes you feel better?

What's a good attitude? A bad attitude? Who or what determines YOUR attitude?

How does it make you feel when someone is angry with you?

What is your favorite messy food?

What are some things that make you feel stressed or anxious at school, home or work?

What is the scariest thing you have ever done?

What kind of complement means the most to you?

If you could change one thing about your appearance, what would it be and why?

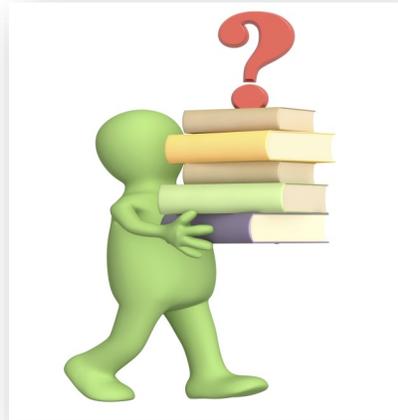
What is the goofiest thing about your family? In what ways is this good or bad?

Do you see the cup half full or half empty? Why?

What makes you feel most welcome when you get home?

Question and reflective strategies to support Social Emotional Learning Goal 2

Use social-awareness and interpersonal skills to establish and maintain positive relationships.



What do you say or do when someone complements you?

Are you related to anyone famous? Explain.

Why do you think people do or say mean things to other people?

What form of discipline is most effective? When you are a parent, what method will you use?

What do kids know more about than adults?

Would you ever like to go to space? Why?

Are you more like you Mom or Dad?

How did your parents meet?

When do you think a woman might be elected president?

What would it be like if everyone looked alike and acted alike?

How are you different from everyone else? What does celebrate your differences mean?

Whose house is the most fun to visit? Why?

Compared to your life, how was life different for your grandparents?

Do you think it will be important to know a foreign language in the future?

What foreign language would you like to speak?

Name all of the pets you have ever had.

What is the nicest thing you have ever done for someone?

Name some holidays that your friends may celebrate that you don't. Why is this so?

Name three qualities of a good friend. Do you have these qualities?

What would you do if someone gave you a gift that you already had?

What are some creative ways to TELL each other you love them? Ways to SHOW each other?

What is your favorite family photo?

What was your best family vacation?

Who has the hardest time saying "I love you" in your family? Who has the easiest time?

Does your family have a secret code word to use for safety? How could this be beneficial?

If you had to be a member of a family you know, which family would it be and why?

If as a family, you were to do something nice for someone, what would you do and why?

When do you like being hugged? When are you embarrassed by being hugged? Why?

In what ways are you generous? Could you be more generous?

Define courage. Who is the most courageous person you know?

What is one thing about each of your family members that makes you proud?

How can you tell if someone is paying attention to you?

What is your favorite story about your parents as children?

Who is the most famous person you ever met?

Name an old friend that you would love to see and why?

What is the very first thing you recall for your childhood?

What is your favorite story about you when you were younger?

What was dinnertime like when you were growing up?

Why would someone use a guide dog? When is it okay to pet a guide dog?

If you see someone in a wheelchair, is it okay to ask that person about his/her disability?

Name your ancestors. Where were they from? What would you ask them?

How would you describe each family member to someone using only words or gestures?

If everyone in your family became dogs, what kind of dogs would they be? Why?

Define respect. How do you earn respect? Who should you show respect to?

How can you tell if someone is telling the truth or lying?

If Money and time were no object what would you most like to do for someone else?

What do you think schools are like in other countries?

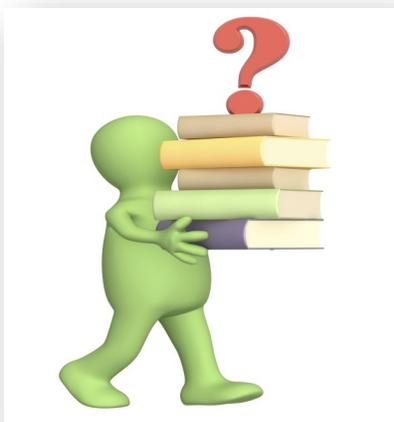
How would you go to the bathroom or brush your teeth if you could use only one arm?

Question and reflective strategies to support Social Emotional Learning Goal 3

Demonstrate decision-making skills and responsible behaviors in personal, school and community context.

Many of the questions below have to do with “favorites” or ask “why” after the question. This allows children to understand the background on making decisions. We automatically decide our favorites or why we selected something, but often we don’t talk about the background things to take into consideration.

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| What is your favorite flavor of cake? | to your family and community? | If you were to be granted one wish, what would it be? Why? |
| Is it more rewarding to give or to receive? Why? | Where were you on 9-11 when you learned of the attack on the United States of America? | If you named your town after your favorite food, what would it be called? |
| What are the benefits of saving money? | If your family spend one week a year helping others, what would you like to do? | Describe the house of your dreams. |
| Name a rule at home or school that you would like to change? | If you family turned the TV off for a month, what would you do with your time? (No devices either.) | If your family only made hand made gifts for the holidays, what would you make and why? |
| Is it ever okay to lie? | Name two things that you have never tried but you think would be fun? Why? | What is your favorite household chore? What is your least favorite household chore? |
| What is your favorite ride at an amusement park? Why? | If you could be any animal. What would it be and why? | How was your bedroom decorated when you were growing up? Was it clean or messy? |
| What is your favorite thing to do in the summer? Fall? Winter? Spring? | If you could have chosen your own first name, what would it be? Why? | Name a change that was hard for you. Why was it hard? What did you learn? |
| What would you change about your school? | If you could do any job in the world for one day, what would you choose and why? | Are the buildings we use accessible? Why is that so important? What does accessible mean? |
| How old were your parents when they got their first NEW car? Who paid for it? | If you could change one thing about your parents, what would it be and why? | What was your favorite game to play when you were a child? |
| What kinds of car did your parents first drive? | What would you put inside a time capsule to be opened in 100 years? | If you were lost in the woods, how would you find your way out? |
| How and when did your parents learn to drive? | If you won the lottery, what is the first thing you would do? Why? | If your house caught on fire, how would you escape? Where would you meet outside? |
| Do you think having a lot of money is important? Why or why not? | What do you want to be when you grow up? Why? | What is your favorite food? Why? |
| What is your favorite children’s book? | What is your favorite movie of all time and why? | What was your favorite candy when you were younger? |
| In what ways does television influence your life? | What is your favorite meal to eat in a restaurant? | In 100 years, how will your house be different room by room? |
| How do your mom and dad help people by the work they do? | | What could you say to someone offering you cigarettes or drugs? |
| Where would you take someone who was visiting your town? | | What is the most difficult thing about being a kid? |
| What is your favorite dessert? Why? | | What are you three most favorite things to do? Why? |
| Where did your parents go on their honeymoon? | | What are your three least favorite things to do? Why? |
| What is or was your favorite stuffed animal? Why? | | What is or was your favorite toy? Why? |
| What is your most prized possession? Why? | | |
| Did you get an allowance as a child? If so, how much? | | |
| How are firefighters and police important | | |



Coping Strategies for all ages!

Everyone needs an outlet or strategy when we become frustrated or just need a break. Here are many strategies to assist in calming down or coping with things going on around us. These are best used when someone is in a crisis mode. Allowing the person to calm and refocus is a necessary step before any conversation about the behavior choices can be productive.

Take a deep breath.

Do a positive activity.

Play sports.

Think of something funny.

Take a quick walk.

Practice yoga.

Stand up and stretch.

Listen to music.

Take a time out.

Slowly count to ten....twenty.

Use positive self-talk.

Say something kind to yourself.

Talk to a friend.

Talk to an adult.

Close your eyes and relax.

Say, "I can do this".

Visualize your favorite place.

Think of something happy.

Think of a pet you love.

Think about someone you love.

Eat a healthy snack.

Read a good book.

Set a goal.

Jog in place.

Write in a journal.

Hum your favorite song.

Doodle on paper

Draw a picture.

Color a coloring page.

Clean something.

Meditate.

Use a stress ball.

Dance.

Write a letter.

Look at pictures.

Make a gratitude list.

List your positive qualities.

Do something kind.

Give someone a hug.

Put a puzzle together.

Do something you love.

Build something.

Play with clay.

Hug a stuffed animal.

Rip paper into pieces.

Play an instrument.

Watch a good movie.

Take pictures.

Garden.

Write a list.

Keep a positive attitude.



Blow bubbles.

Blow on a pinwheel.

Write a positive note.

Chew gum.

Paint your nails.

Write a story.

Read a joke book.

Write a poem.

Drink cold water.

Watch fish in an aquarium.

