**Social Emotional Learning**

How can help my child at home:

* Check in with each other often 1-5
* Establish a daily routine and adhere to it (we feel safe when there is structure)
* Schedule exercise daily
* Keep a family journal
* Maintain a sleep schedule and talk about things to do when you can't sleep
* Use affective statements, "it makes me happy when you pick up your toys"

Helpful links

Parent resource guide: <https://www.edutopia.org/SEL-parents-resources>

Ways to fight boredom: <https://www.youtube.com/watch?v=nsXMtSmAMWc>