

Let's Have Some FUN with Social Emotional Learning Games!

Title	Description	Link/Resources	Follow-up/Activity
Feelings Charades	Watch the video and try guessing the feelings that you see. Then play with your family!	https://youtu.be/dOkyKyVFns	Play emotion charades with your family: Start by writing down different feelings on small pieces of paper, put them into a hat or bag and take turns pulling out a feeling card and acting it out.
Starfish and Tornado	The goal: To help kids notice how much energy they're feeling inside. When they know they have too much energy, they can either use their own calming skills or ask for help from a trusted adult.	How to play: Make a picture of a thermometer. Draw a starfish at the bottom and a tornado at the top. Ask if your child feels calm and peaceful like a starfish or revved up like a tornado. When your child is feeling over-energized, brainstorm together about ways to feel more like a starfish. For example, bouncing a ball to help release some of that energy.	Have your child practice going from feeling like a tornado to a calm starfish. Discuss how your child will bring themselves from a tornado to a starfish. <ul style="list-style-type: none"> • Have your child do 10 jumping jacks, run in place, etc. then take 5 deep breaths, you could have them repeat or try and get from all the way up to all the way down • Point out to your child throughout the day where they might be on the thermometer when they are not thinking of the game. For example, if you play first thing in the morning, you can say, "You like to snuggle and watch cartoons." Or, "I bet you could run up and down the stairs five times before I finish making breakfast!"