“ANYTHING THAT’S HUMAN IS MENTIONABLE, AND ANYTHING THAT IS MENTIONABLE CAN BE MANAGEABLE. WHEN WE CAN TALK ABOUT OUR FEELINGS, THEY BECOME LESS OVERWHELMING, LESS UPSETTING AND LESS SCARY.”

- MISTER ROGERS

Teachers,

We know that these are unprecedented times, and we want you to know that we are here to help. One of the core components of Pennies for Patients has always been Social and Emotional Learning (SEL). We know that SEL, now more than ever, has a bigger role to play with families as they manage through their own “new normal”. Included are some SEL conversation cards that you can pass along to your parents/guardians. These SEL competencies, as defined by CASEL, the leaders in Social and Emotional Learning, can help parents/guardians navigate conversations.

You can also use them as part of your virtual learning plans by asking parents/guardians to work through these with your students, then bring the class together to have a group discussion about the topics.

PRINTING INSTRUCTIONS: If your printer is capable of printing 2-sided, please be sure to select both 'fit' and "flip on long edge" under Page Sizing & Handling.
**SELF-AWARENESS**

Did you know that doctors and nurses are real-life Superheroes? They have the power of healing. If you could have any super power in the world, what would it be?

What are some of the ways we can be Superheroes and protect ourselves from germs?

Next time you talk to your friends, ask them what they are doing to keep germs away from their house.

**SELF-MANAGEMENT**

In moments you are missing your friends, what are some things you can do to feel better? (Examples to share: virtual play dates, FaceTiming, write a letter, draw a picture).

What are 2 or 3 things that make you feel thankful?

Next time you talk to your friends, ask them some of the things that they are thankful for.

**RELATIONSHIP SKILLS**

Teams are made up of people working together. What are some groups you think of, when you think of a team? (Our Family, teachers & principals, etc.).

What are some other groups that you are in that work as a team?

Next time you talk to your friends, ask them what they think makes a good teammate.

**SOCIAL AWARENESS**

What does the word kindness mean to you? What are some ways you show kindness or care to others?

What are some ways we can show others we care, while being sure we are following social distancing rules?

Next time you talk to your friends, ask them what is something nice they did for someone this week.

**RESPONSIBLE DECISION MAKING**

Do you understand what social distancing is? How would you explain that to your friends?

How can we still have fun with our family, loved ones and friends during this time? Let’s make a list and come up with some ideas!

Next time you talk to your friends, ask them what they are doing to follow social distancing rules.
The ability to accurately recognize one’s emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others