

TK and K

FAMILY INFORMATION WEBINAR



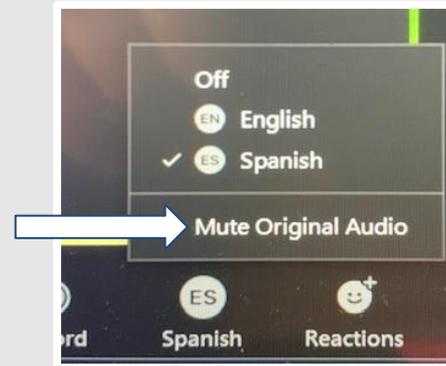
Part 2: Social Emotional Skills



Would you like Spanish/English interpretation? ¿Le gustaría interpretación al español/inglés?

Click on the interpretation icon in your Zoom window and choose “Spanish”, then click on “Mute Original Audio”

Haga clic en el icono de interpretación en su pantalla de ZOOM y escoja “Spanish” luego haga clic en “Mute Original Audio”



**Q and A
in Chat**

Welcome and Introductions



Director of Elementary Education
Dr. Dena Sellers

Elementary Counselors

Carmen Ayala

Katie Berry

Jannelle Guillot

Gabby Magdaleno

Lorena Martinez

Icela Sabory

Jennifer Sheppard

Nathan Snider

Interpreter

Magdalena Simonini

Agenda

- The Importance of Sleep
- Accepting No: Doing What you Don't Want to Do
- Approaching New Friends
- Taking Turns and Sharing
- Problem Solving
- Book Recommendations





The Importance Of Sleep



The Importance of Sleep

 Reduced sleep leads to a reduced capacity to do well in school.

 Kids who don't get enough sleep might even be mistaken for having ADHD. Many of the symptoms are the same – kids running low on sleep are:

- less able to concentrate
- more easily distracted
- more hyperactive or impulsive

 Kids of all ages have a harder time learning when they don't get enough sleep.

The Importance of Sleep

What is the recommended amount of sleep a child should get?

The American Academy of Pediatrics recommends:

-  Infants under 1 year: **12-16 hours**
-  Children 1-2 years old: **11-14 hours**
-  Children 3-5 years old: **10-13 hours**
-  Children 6-12 years old: **9-12 hours**
-  Children 13-18 years old: **8-10 hours**

The Importance of Sleep



Establishing a consistent bedtime routine is important.



The routine should ideally start at the same time every night.

Ex: As soon as the sun goes down, start to “wind down” the household.



Dim the lights an hour before bed.

- If your child uses a night light, consider a dim, warm-colored light, rather than a bright, white, cool-colored light.



Stop use of electronics/screens at least an hour before bed.

- Blue light from TV screens, computer screens, and phones suppresses melatonin levels and delays sleepiness.

The Importance of Sleep



Limit caffeine, including chocolate and soda.



Relax before bedtime.

- Take a warm bath, or do a quiet family activity such as reading a short book.
- Avoid scary TV shows, movies, or computer games before bed so your child feels safe at night.



If your child wakes up during the night, walk them back to their room with as little commotion as possible.



Set a wake up time for when your child is allowed to leave their room.

Accepting No: Doing What You Don't Want to Do



Accepting No: Doing What You Don't Want to Do

No one likes to do what they **do not want to do** and no one likes to hear “**no**”, yet these are important **life skills** that we need in order to be **successful**.

At home, we can talk and negotiate with our children. A teacher in a classroom with many children often does not have that luxury.



Accepting No: Doing What You Don't Want to Do

Learn by Playing: The “Yes, Teacher” Game



- 🍏 Have your child pretend to be the teacher and ask you to stop playing with something.
- 🍏 Respond quickly and answer, “Yes, teacher!” Say aloud what you are thinking to help you comply:
“My teacher will be really proud of me!”
“I can follow directions.”
“I stopped right when my teacher asked.”
- 🍏 Switch roles and have your child be the student. Praise your child for responding quickly.

*Practice using challenging situations: stopping an activity before you are finished, moving from something fun to something not as fun, etc.

Accepting No: Doing What You Don't Want to Do

Validate and Praise



- 🍏 Let your child know that doing what you do not want to do and hearing “no” is hard, but with practice they will get better and better at it.
 - Shift from a “power struggle” to a “skill”
- 🍏 Help your child develop thoughts that give them a good feeling about complying quickly.
- 🍏 Teach your child an appropriate way to voice concerns in a classroom.
 - Talking with the teacher at recess, after the lesson, etc.
- 🍏 Praise your child for doing things they don't want to do, but need to or for accepting “no.” Ask your child at the end of the day: “What hard things did you do today?”



Approaching New Friends



Approaching New Friends

🍏 Create opportunities

🍏 Model behaviors

🍏 Role play

🍏 Teaching empathy



Approaching New Friends

 Books

 Playing games

 Practice social skills

 Foster independence



Taking Turns and Sharing





Taking turns and sharing are important social skills that help children learn to share and cooperate with others.

 Patience

 Empathy

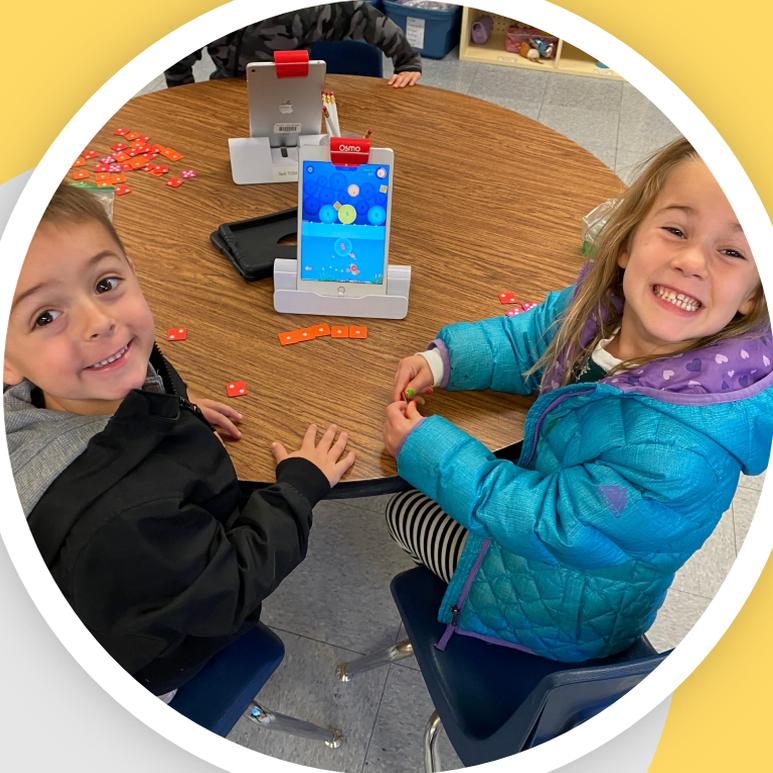
 Self-control

 Respecting the rights and feelings of others

Taking Turns and Sharing

Showing a Good Example

- 🍏 Model taking turns
- 🍏 Use verbal prompts
- 🍏 Practice waiting
- 🍏 Give positive reinforcement



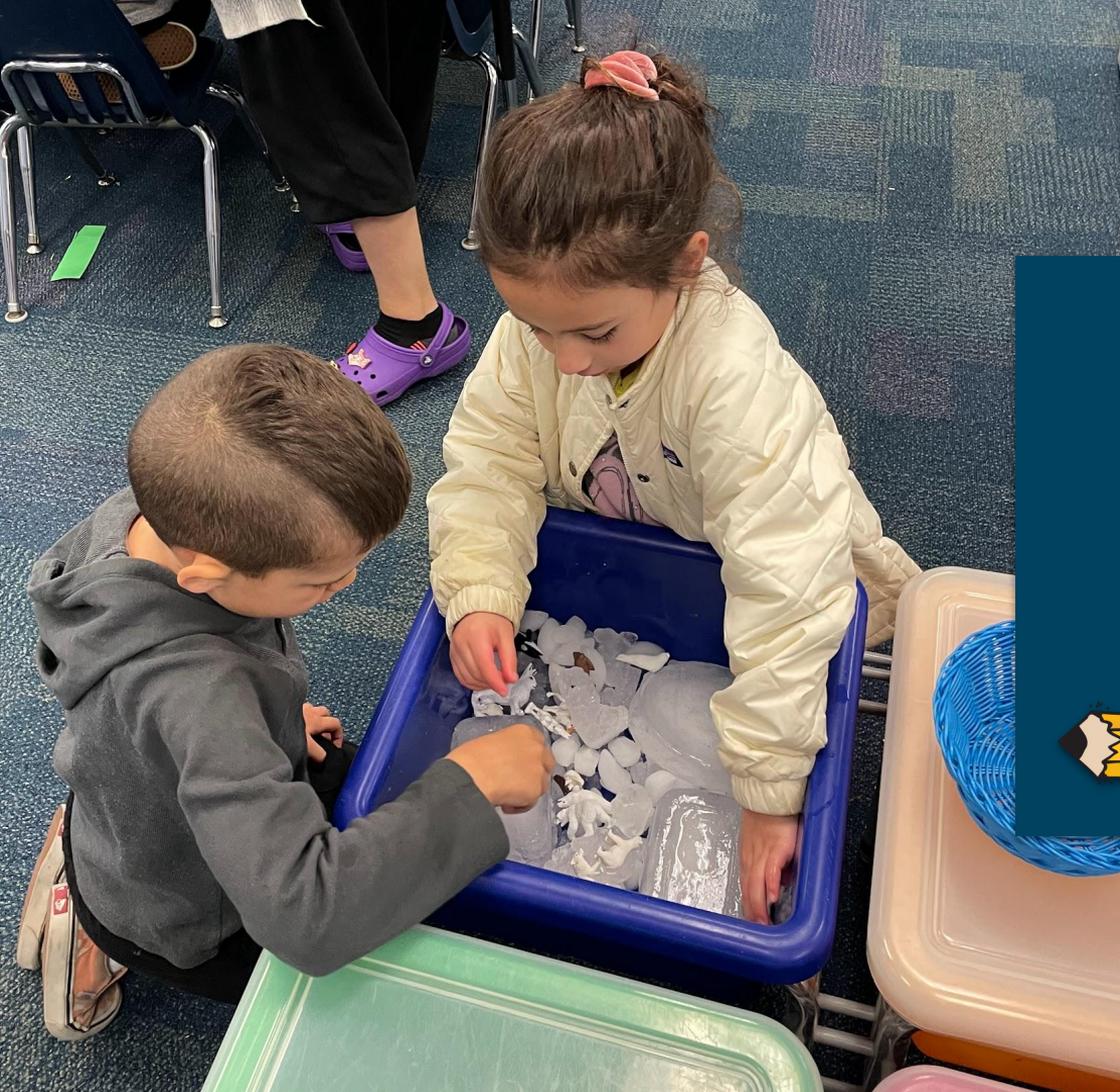
Taking Turns and Sharing



Song: You Can Take a Turn,
Then I Will Get it Back!



Video: Daniel Shares His
Tigertastic Car



Problem Solving





Kelso's Choices

Kelso's Choices effectively teaches young children peacemaking skills. It is a proven resource to increase confidence, reduce tattling and is a preliminary tool to prevent bullying. The program philosophy is simple: each child is smart enough and strong enough to resolve conflict.

Empowering Students

Kelso's Choice empowers children to solve problems on their own with the guidance and support of trusted adults.



Big vs. Small Problems



Choose 2, then get adult help



Kelso's Choices Include:

-  Going to Another Game
-  Talking it Out
-  Sharing and Taking Turns
-  Ignoring It



Kelso's Choices Include:

-  Walking Away
-  Asking Them to Stop
-  Apologizing
-  Making a Deal



Kelso's Choices Include:



Waiting and Cooling Off



Ways to Cool Off on the Playground



Starfish Breathing



Meatballs & Spaghetti



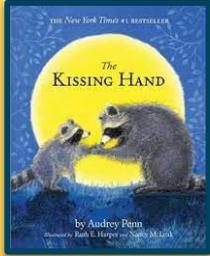
Noticing Nature



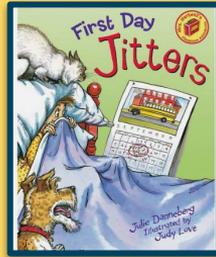
Book Recommendations



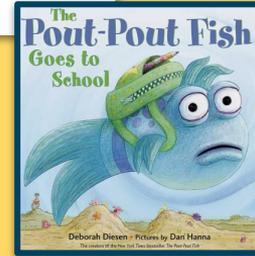
BACK TO SCHOOL books



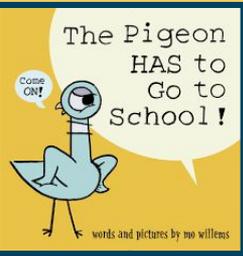
The Kissing Hand
Audrey Penn



First Day Jitters
Julie Danneberg



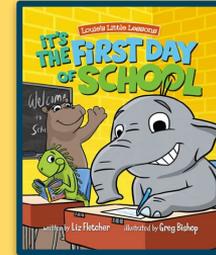
The Pout-Pout Fish Goes to School
Deborah Diesen



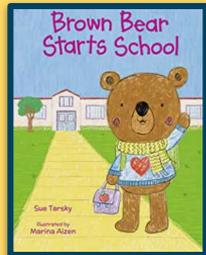
The Pigeon Has to Go to School!
Mo Willems



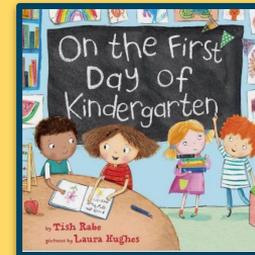
First Day Critter Jitters
Jory John



It's the First Day of School
Liz Fletcher

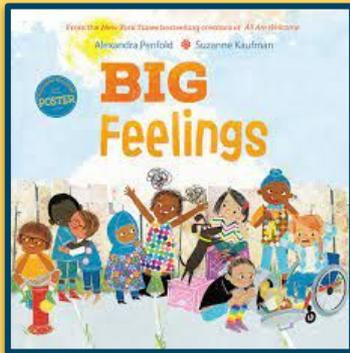


Brown Bear Starts School
Sue Tarsky

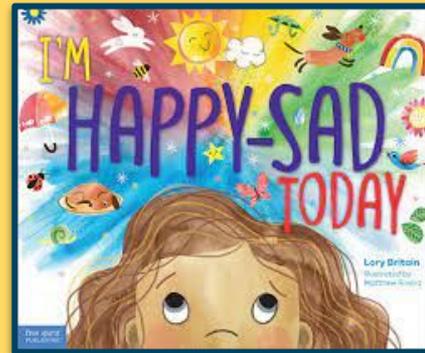


On the First Day of Kindergarten
Tish Rabe

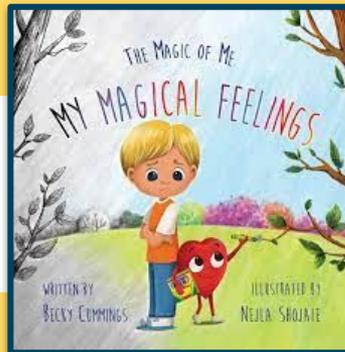
FEELINGS books



Big Feelings
Alexandra Penfold

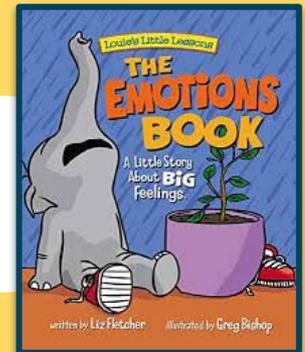


I'm Happy-Sad Today
Lory Britain

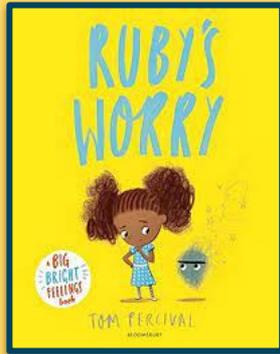


My Magical Feelings
Becky Cummings

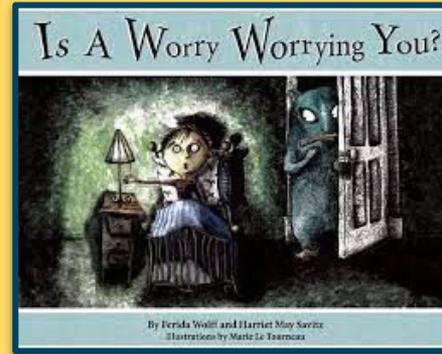
The Emotions Book
Liz Fletcher



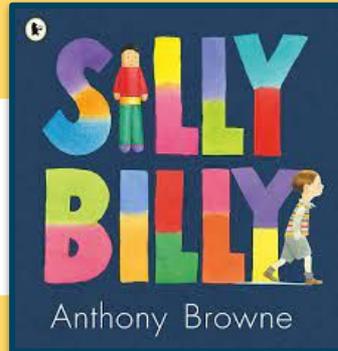
WORRY & ANXIETY books



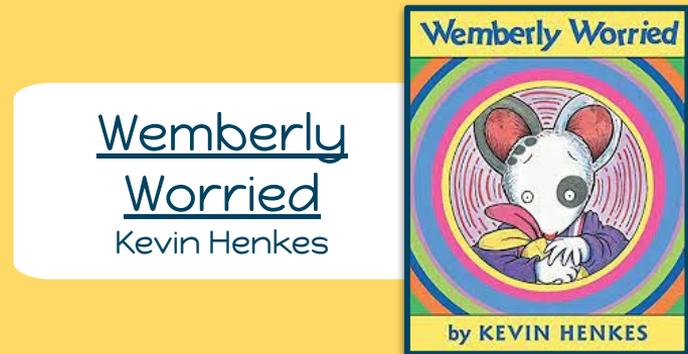
Ruby's Worry
Tom Percival



Is a Worry
Worrying You?
Ferida Wolff

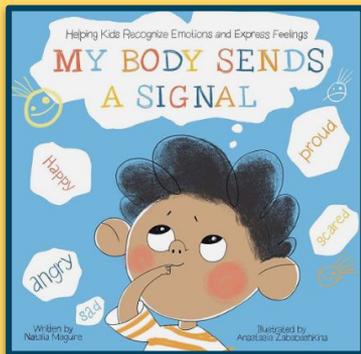


Silly Billy
Anthony Browne

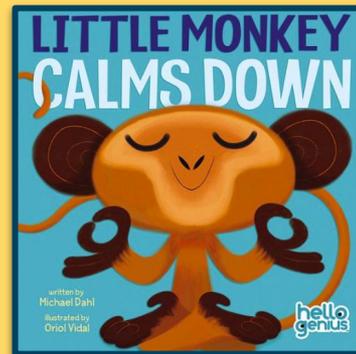


Wemberly
Worried
Kevin Henkes

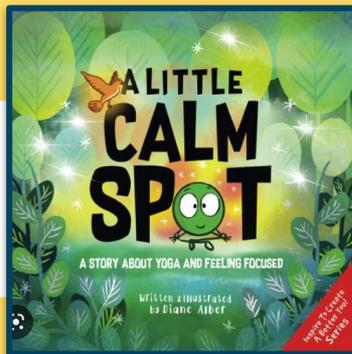
CALMING & COPING SKILLS books



My Body
Sends a Signal
Natalia Maguire

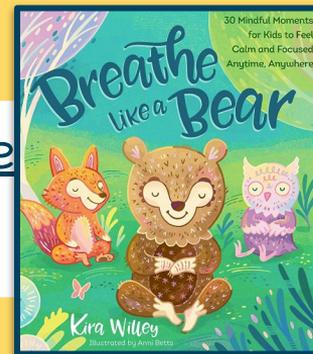


Little Monkey
Calms Down
Michael Dahl

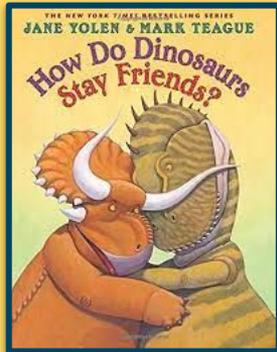


A Little
Calm Spot
Diane Alber

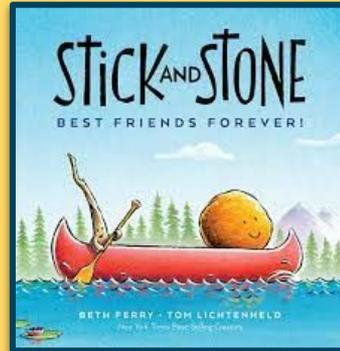
Breathe Like
a Bear
Kira Willey



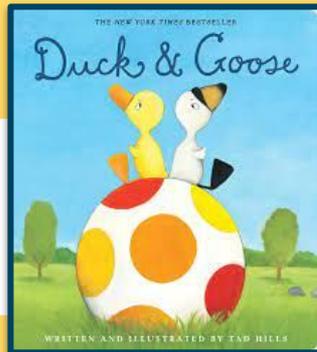
FRIENDSHIP books



How Do
Dinosaurs Stay
Friends?
Jane Yolen

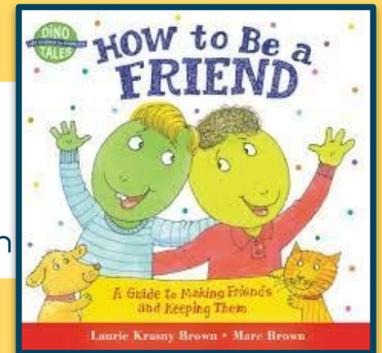


Stick and Stone:
Best Friends
Forever
Beth Ferry



Duck &
Goose
Tad Hills

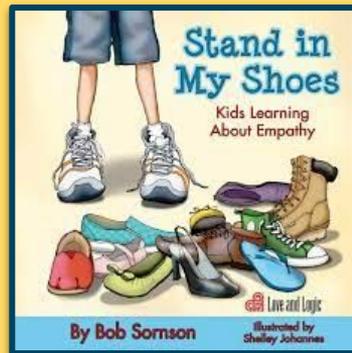
How to Be a
Friend
Laurie Krasny Brown



INCLUSION books

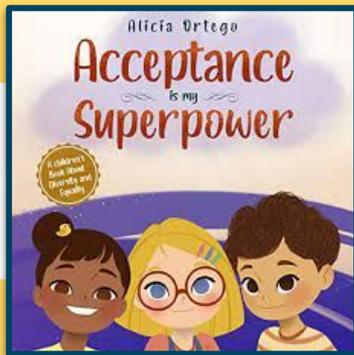


The Big
Umbrella
Amy June Bates

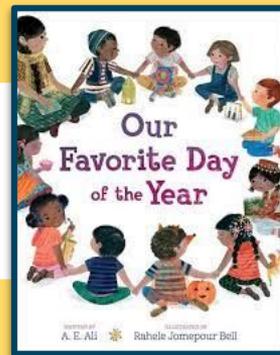


Stand in
My Shoes
Bob Sornson

Acceptance is My
Superpower
Alicia Ortego



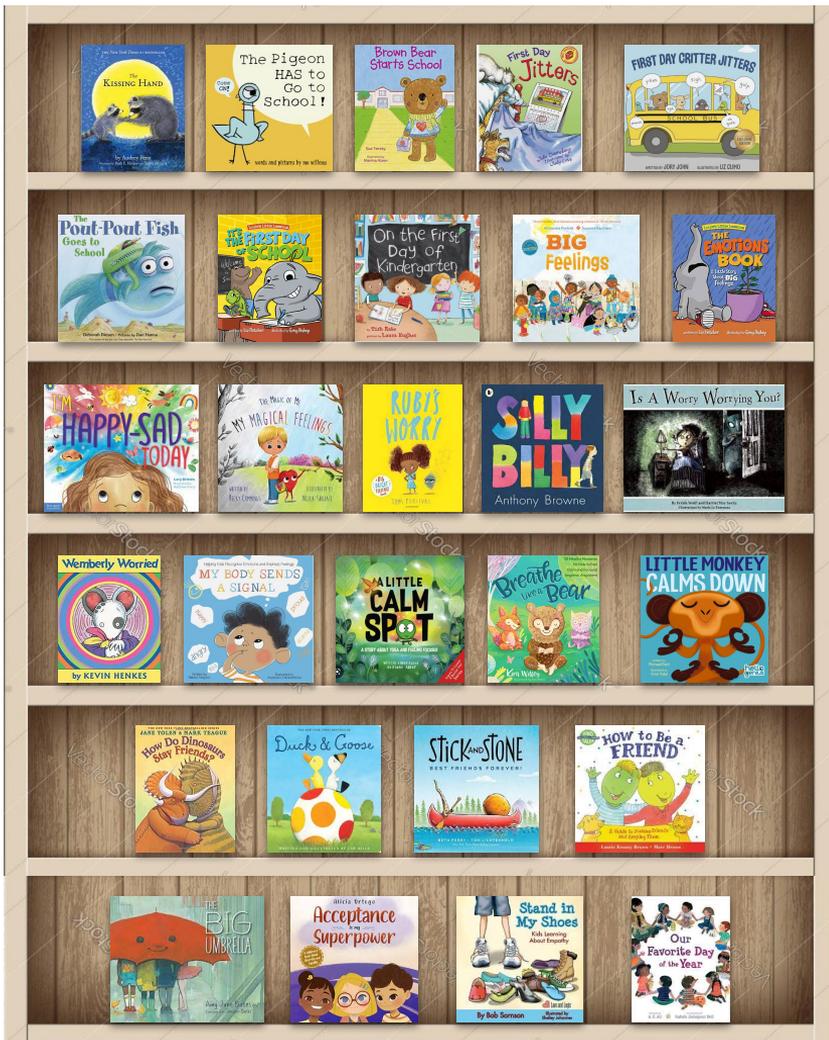
Our Favorite
Day of the Year
A.E. Ali



Book Recommendations



Scan the QR Code to
access the list



Additional Information

 Online pre-enrollment for neighborhood school

 School choice process

 District and school Instagrams

 CVUSD webpage
conejousd.org



Join us for Part 3!

Summer Fun for Your TK/K Child

June 1st @ 6:00 pm



To register, scan the
QR code or visit:
<http://bit.ly/TKandKSeriesThree>





THANK YOU!

QUESTIONS?

