



Social Emotional Virtual Learning

ECSE/Program

Being flexible when plans change

April 2020

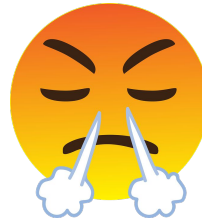


ECSE/Program Social Emotional Learning

Learning Target:

Students will learn to be flexible to changes in plans.

When things don't always go as planned,
I may get angry, sad, or scared.

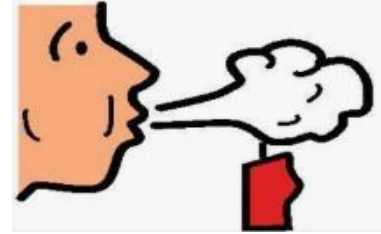


Change is not easy, but I can be flexible and ok!



Here are some things that I can do:

1) Take deep breaths



2) Say “it’s ok”



3) Ask for help from a grown-up



Let's play a game with a grown-up.

Things that we need:

1) Empty tissue box

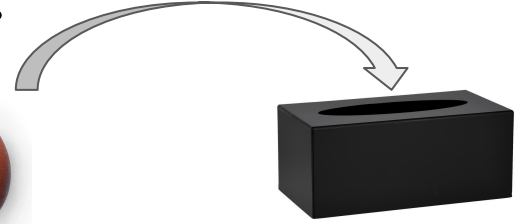


2) Small items around the house that can fit in the tissue box
(e.g., toy car, pebble rock, pom pom, lego, yarn/string,
ball, egg)

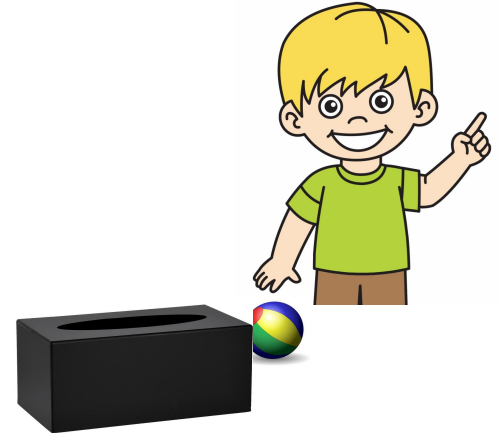
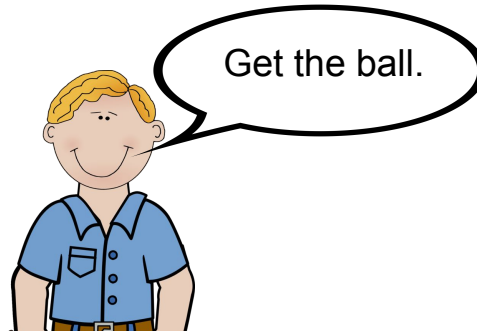


Directions:

1) Place the small items into the tissue box.

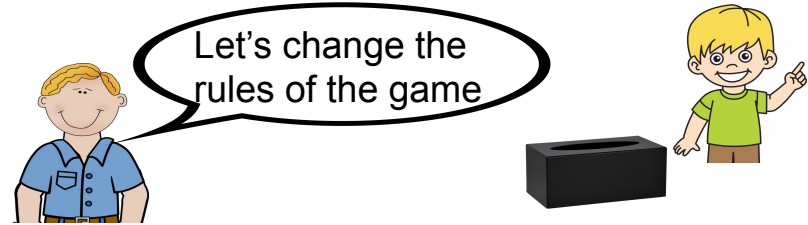


2) The grown-up will ask the child to pick out one item from the tissue box without looking.



Directions:

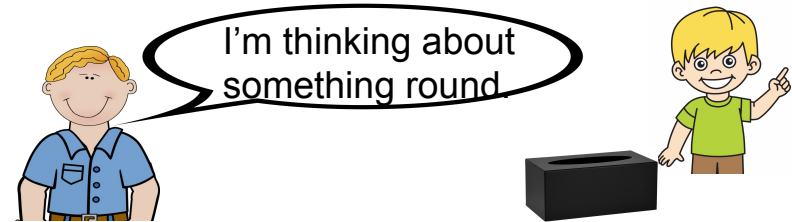
3) After playing a few rounds, tell your child that you will be changing the rules of the game.



4) The grown-up will pick one item from the box and not show the child the item.



5) The grown-up will then give clues about the item picked until the child gets it right.



Self Check:

Can you tell a grown-up one thing that you can do when plans change?

