**Social and Emotional Communication at Home**

**AIMS**

To allow students to express their emotions.

To encourage students to communicate in an effective manner.

To build trusting relationships between you and your child.

To allow them to speak openly about their feelings.

To have fun and build quality time with your child.

How to work through the activities

**Who Am I? (Worksheet 1)**

* *Let students express themselves in their own words. Use the questions as a prompt for further discussion.*

**Today I Am (Activity 2)**

* *This sheet breaks down a range of emotions.*

**My Favorite Things (Worksheet 9)**

* *Come up with a list of favorite things using the sheet as a prompt. Why are they your favourite? Have your favourites changed at all? Why?*

**Things that make me feel good (Worksheet 10)**

* *Consider some of the things that have made you feel good this week. What was the situation and how did it make you feel - happy? excited? proud?*

**Things that make me feel bad (Worksheet 12)***Consider some of the things that have made you feel bad recently. What was the situation and how did it make you feel – angry? sad? Worried?*

**Understanding Emotions (Worksheet 14)** *This sheet can be used in order to look back at a time that wasn’t very nice. It will help children to talk and deal with it.*