

TIDBITS FOR PRE-K

SOCIAL EMOTIONAL LEARNING

BY EARLY CHILDHOOD MENTAL HEALTH
AWARENESS TRAINING TEAM



"An empty lantern provides no light. Self-Care is the fuel that allows your light to shine so brightly!" ✨

TEACHER SELF-CARE IDEAS TO TRY ON YOUR HOLIDAY BREAK!

CREATE A PLAYLIST OF YOUR FAVORITE HOLIDAY SONGS

GRAB YOUR FAVORITE BOOK AND READ IT

GO ON A WALK OUTSIDE

WINTER STARTS SOON BUT DON'T GET STUCK INSIDE BECAUSE OF THE COLD TEMPERATURES, PUT A SPIN ON THE ACTIVITIES BELOW ON A SNOWY DAY AND REAP THE HEALTH BENEFITS.

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YOUR WINTER OFFERS A VARIETY OF EXPERIENCES FOR CHILDREN TO TOUCH, SMELL, SEE, HEAR, AND TASTE THE SEASON OF WINTER!

ALLOWING CHILDREN TO GO OUTSIDE TO GET FRESH AIR AND VITAMIN D WILL ACTUALLY KEEP THEM HEALTHIER.

IT HELPS THEM LEARN PROBLEM-SOLVING SKILLS, LIKE FORMING A CIRCLE BY HOLDING HANDS.

MY AMAZING BODY
[\[CIRCLEACTIVITYCOLLECTION.ORG\]](https://circleactivitycollection.org)

OUTCOMES:
YOUR CHILD WILL INCREASE SELF-AWARENESS AND LEARN ABOUT PARTS OF THE HUMAN BODY, AS WELL AS HOW THEY WORK, BY READING A BOOK AND RECITING A CHANT TOGETHER.

PET CARE
[\[CIRCLEACTIVITYCOLLECTION.ORG\]](https://circleactivitycollection.org)

OUTCOMES:
YOUR CHILD WILL LEARN ABOUT AND PRACTICE TAKING CARE OF A PRETEND PET.

SIMON SAYS FEELINGS
[\[CLIENGAGEFAMILY.ORG\]](https://cliengagefamily.org)

OUTCOMES:
THIS ACTIVITY WILL HELP YOUR CHILD UNDERSTAND THE CONNECTION BETWEEN EMOTIONS AND BEHAVIORS AND BUILD AN AWARENESS OF FEELINGS. YOUR CHILD WILL ALSO HAVE THE OPPORTUNITY TO PRACTICE LISTENING SKILLS.





HELP FOR THE HOLIDAYS

PRE-K

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MAY ALL YOUR DAYS BE HAPPY AND SAFE!

HOLIDAY TOY GIVEAWAY

EXODUS PROJECT EXCHANGE

PUBLIC FOOD DISTRIBUTION – MOBILE FOOD VAN

RISE AND SHINE BLOG

[HELP FOR THE HOLIDAYS]

**THE LATEST IN KIDS HEALTH AND
PARENTING ADVICE FROM THE
EXPERTS AT CHILDREN'S
NATIONAL HOSPITAL.**



FUN THINGS DO TO IN DC

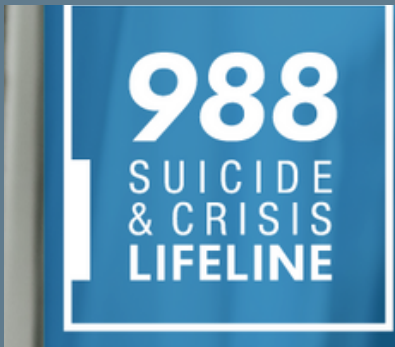
**HERE ARE 28 WAYS TO
CELEBRATE THE HOLIDAYS
AROUND D.C**



**SHARE (SELF HELP AND
RESOURCE EXCHANGE)**

**THE SHARE PROGRAM IS A FOOD
PROGRAM FOR ANY PERSON,
FAMILY OR GROUP THAT DESIRES
TO PURCHASE A NUTRITIOUS FOOD
PACKAGE FOR ABOUT \$20.00 A
MONTH. THE SHARE PROGRAM IS
NOT A SUBSIDIZES PROGRAM. NO
INCOME RESTRICTIONS**





What is 988 ?

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.



Is 988 available for substance use crisis?

The Lifeline accepts calls, texts, and chats from anyone who needs support for a suicidal, mental health and/or substance use crisis.



Is 988 only for suicide related crisis?

The Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors.



PLEASE CLICK THE LINK BELOW FOR MORE INFORMATION

[Know the facts for yourself!](#)