

# TIDBITS FOR PRE-K SOCIAL EMOTIONAL LEARNING

## Trust and cooperation



We discuss strategies you can use to build trust and cooperation with your child. We highlight the importance of understanding your child's signals and how to respond to them in a warm and sensitive way.

## Encouraging your child to cooperate

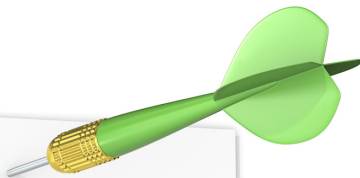


Sometimes children do not want to help clean up or transition from playing to completing a daily routine, such as brushing their teeth.

## When I'm angry.



This activity will help your child to develop an awareness of feelings and give her ways to express her feelings in an appropriate way



- Mental Health  
Town Hall
- Pros/Cons of Psychiatric  
Medication
- Yoga
- Mental health  
wellness

## MENTAL HEALTH ACTIVITIES

TREAT YOURSELF !

Take care of your body's health by attending one of the listed activities and heal from the inside out..

