

MINDFUL MENTALITY

TOLERANCE

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children connect with their emotions and gain a better understanding of themselves. Mindfulness can support this learning and help them develop a kind and inclusive mentality. By incorporating mindfulness and SEL into early learning, students can establish this mentality early and be better equipped to build strong connections and communities.

BEFORE READING

Talk to the reader about tolerance.

Discuss: What does tolerance mean to you?
How do you show it? How do others show it to you?

AFTER READING

Talk to the reader about what he or she learned about tolerance from this book.

Discuss: What are some other ways you can show tolerance? Has there been a time when someone didn't tolerate or accept you? How did that feel?

SEL GOAL

Tolerance and empathy are key parts of social awareness. Students are aware of differences amongst themselves but may have a hard time tolerating and accepting them. Divide students into pairs and ask them to talk about things that make them similar and different. Change pairs and discuss again. Lead a group discussion about differences and similarities. Encourage learning about the differences in the group.

GOALS AND TOOLS

GROW WITH GOALS

Tolerance can be difficult, but you can get better with practice!

Goal: Sit with new peers at lunch. Ask them about themselves. See if you can find ways in which you are both different and similar. Learn more about your differences.

Goal: Learn about a holiday you do not celebrate. Research it online or in your school library. Write down things about that holiday you didn't know before and share them with your family and friends.

Goal: Learn to say hello in a different language! Practice saying it to new people you meet.

MINDFULNESS EXERCISE

Understanding your own emotions can help you understand the emotions of others. Try this activity to better identify and understand emotions.

1. Close your eyes. Take deep breaths. Reflect on your day.
2. Make a list of the emotions that you felt today.
3. When else have you felt these emotions? Have you noticed these emotions in others? When?
4. How do you react when you feel these emotions? How can you respond to others when they experience these emotions?



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