

THE SKY'S THE LIMIT

CREATE POSITIVE HABITS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about forming habits.
Explain that habits are part of our everyday lives.

Discuss: What are habits that you have?
Have you formed a new habit recently? How did you do it? What are habits you'd like to form?

AFTER READING

Talk to the reader about different habits he or she could start.

Discuss: What is a small habit you want to form?
What is a big goal that you could use habits to help with? What would the cue for your habit be? What would the reward for your habit be?

SEL GOAL

Self-awareness is a crucial part of discovering what habits we already have, both positive and negative. Self-monitoring is an effective and efficient way for kids to see the habits of their lives. Help readers monitor their actions for a few days to a week. They could keep journals or use other methods to keep track. At the end of the tracking period, help readers look for and identify habits. What are good habits they have? What are habits they want to change? How will they work to change them and create new ones?

GOALS AND TOOLS

GROW WITH GOALS

Habits can be hard to form! There are different things you can do to make forming habits easier.

Goal: Create a positive habits chart! Write your habits down one side of the piece of paper. Then write the days of the week along the top. Put a sticker or draw a star for each day of the week you do one of your positive habits!

Goal: Identify meaningful rewards. What motivates you? Identify the things that will be most effective in rewarding you when you do your habit.

Goal: Identify people who can help you form habits. Having a support network can make habit forming easier!

MINDFULNESS EXERCISE

Mindfulness is a great habit! Try this exercise to get started.

1. Find a comfortable spot to sit.
2. Close your eyes.
3. Take deep breaths. Focus on your breathing.
4. Count with your breath. One when you breath in. Two when you breath out. Go up to 10. Then start over.
5. When your mind wanders, just return to thinking about your breathing. It is natural for the mind to wander.



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