



RULER *for Families*

Conversation Starters and
Activities for Elementary
School Families



Introduction

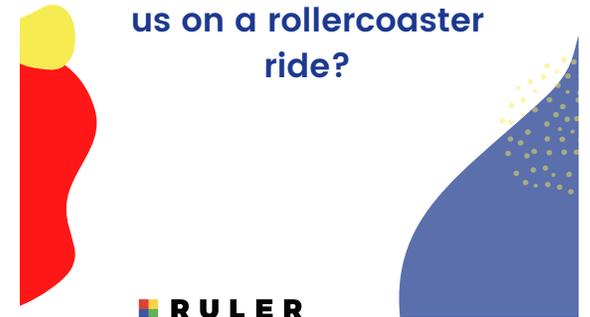
These simple activities and conversation starters are designed to promote social and emotional skills at home. There are three types of activities: 1) TALK ABOUT IT, 2) DO IT TOGETHER, and 3) DID YOU NOTICE.



Grades K-1

TALK ABOUT IT:

We all have feelings all the time. Ask your child: why do you think some people say feelings take us on a rollercoaster ride?



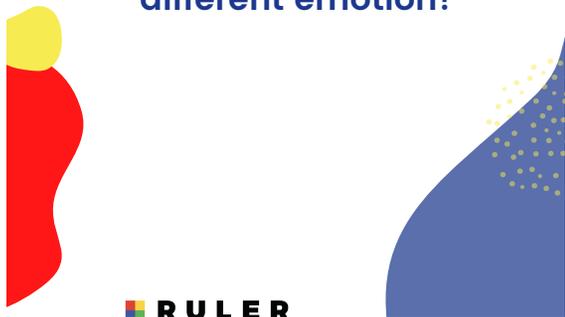
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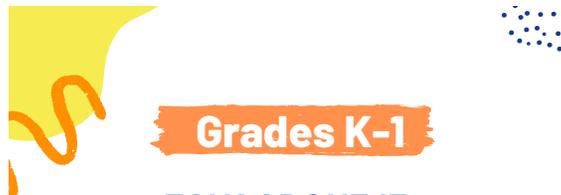


Grades K-1

DO IT TOGETHER:
Invite your child to draw a picture of each family member feeling a different emotion!

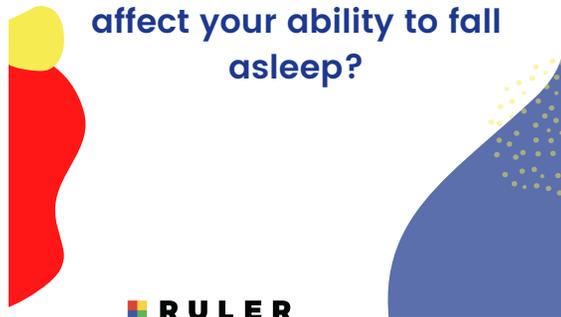


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Grades K-1

TALK ABOUT IT:
Emotions are powerful!
Ask: have you ever felt excited around bedtime? How did that affect your ability to fall asleep?



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Grades K-1

TALK ABOUT IT:
Have you ever forgotten to do something because you were feeling a lot of emotions about something else? Share memories of that.



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Grades K-1

DO IT TOGETHER:

Our bodies give us clues about our emotions. Can your child show you what they look like when they feel happy? Disappointed?



RULER



Grades K-1

DID YOU NOTICE:

Ask your child: If your heart is beating fast and hands are sweaty, how might you be feeling? Guess some emotion words!



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Grades K-1

TALK ABOUT IT:

We all have many unpleasant and pleasant emotions! Share how you're feeling with your child today and ask them to do the same.



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Grades K-1

DID YOU NOTICE:

One night this week, ask your child to notice how they are feeling before bedtime. What's happening inside their body? Mind?



RULER



Grades K-1

TALK ABOUT IT:

Conversations about feelings help us understand ourselves. Share a photo that makes you happy. Ask: What makes you feel happy?



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Grades K-1

TALK ABOUT IT:

Keep talking about emotions! Pick a story character who feels proud. Ask: why do they feel that way? What makes you proud?



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Grades K-1

DO IT TOGETHER:

Putting emotions into words helps communicate how we feel. Act out 3 different emotions and see if your child can name them!



 RULER



Grades K-1

TALK ABOUT IT:

In the morning and at the end of the day, ask: in one word, how are you feeling? (Aim for an emotion word). You share too.



 RULER



Grades K-1

DO IT TOGETHER:

There are many fun ways to build your feeling word vocabulary! Select 5 emoji faces & ask your child to name each feeling.



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Grades K-1

DO IT TOGETHER:

When reading together, ask how the main character is feeling at different points. Go for specific emotion words!



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Grades K-1

TALK ABOUT IT:

We can choose how we show our feelings to others. Take turns sharing a time you handled your feelings in a way you felt good about.



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Grades K-1

DID YOU NOTICE:

Find times this week to acknowledge your child for handling their feelings well.



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Grades K-1

TALK ABOUT IT:

Openly expressing our care for others helps us feel close. What are 3 ways you show love and kindness to family members?



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Grades K-1

DO IT TOGETHER:

Together, make a list of ways to show others love and kindness. Share it with other family members!



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Grades K-1

TALK ABOUT IT:

When we manage emotions well, our children learn to do the same. Explore one thing you could both do to make the morning routine easier.



 **RULER**



Grades K-1

DID YOU NOTICE:

Share strategies you have for shifting from feeling anxious to feeling calm. Try them together with your child!



 **RULER**



Grades K-1

TALK ABOUT IT:

Having feelings is different from acting on them. Find and talk about a book character who handled strong emotions in a helpful way.



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Grades K-1

DO IT TOGETHER:

Talk about ways you both handle strong emotions well. Draw a picture of yourselves using great emotion skills.



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