

## Report to PARENTS

# Social & Emotional Learning: Helping Children Understand Self & Others

**S**ocial and emotional learning are lifelong processes that enable people to be socially aware, build relationships, be aware of and manage their own feelings and behavior, and make responsible decisions. Equally important as academics, social and emotional skills are crucial for students to learn in order to thrive and reach their full potential. While these skills and mindsets have always been important, the COVID-19 pandemic and recent events that address centuries of social injustice have increased the need to help children understand self and others.

### The Arts Build Social and Emotional Skills

All art forms provide windows into how children think and feel. Improv drama and unscripted puppet plays empower children to assume others' voices and express disparate thoughts in safe ways. Observe children's body language and energy levels as they assume various character roles. Ask them to describe the different points of view and which of the perspectives feel most like their own. Paintings and sketches show how children see themselves in this world.

### Selfies as Personal Identity Narratives

Hand-drawn selfies reveal more than quickly captured camera snapshots. Instead of drawing a mirror image of themselves, children should be encouraged to draw selfies that show something special about their personalities and interests. Use "What if...?" prompts. "What if the selfie included words that describe who you are inside?" "What if your selfie shows you solving a big problem or who you will be in 10 years?"

### Art Sparks Important Conversations

Explore public art together. Ask children if the people who are honored in a mural or monument represent your family's values. Ask them to reimagine statues and sketch new designs for public art that would celebrate what matters most to your family.



### Use the Arts to Learn About Others

Humans have always used the arts to celebrate their cultural traditions. Help children appreciate the diversity within our country and around the world by exploring others' favorite music, visual art, and dance.

### Free Crayola® Resources Help Children Build a Deeper Understanding of Self and Others

Use this QR code or URL to find fun animated videos: *Hand-Drawn Selfies*, *Meet Me*, *The Best of Me*, and *Everyone Has Feelings*. Enjoy Thinking Sheets: *Hand-Drawn Selfies*, *Meet Me*, and *Preparing Global Citizens and Respecting Diversity*. Work together on a family project: *CREATE™ Relationships: Explore Murals and Statues*. [www.crayolagallery.com/c/3khwl0dl](http://www.crayolagallery.com/c/3khwl0dl)

