

Social Emotional Learning at Home

Ways parents can incorporate social emotional learning while watching tv shows and movies with their kids.

While it is important not to spend all day in front of the television or a tablet, a little screen time isn't bad AND parents can do some social emotional learning while they watch together! Here are some questions parents can talk about:

1. What were some of the choices that the characters made? Which were good choices? Which were bad choices?
2. How do the characters feel? How can you tell what their feelings are?
3. Which characters were friends? How did they show friendship to each other?
4. Did any of the characters get really upset? What did they do to take care of or cope with their feelings?
5. Did the characters change at all during the show? Why do you think the change happened?
6. What would you do differently if you were one of the characters?

