

**Supporting Social  
and Emotional  
Learning at Home**

# Meet the Presenters!



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# Our Learning Outcomes for Today's Session



Strategies to support healthy relationships in the current world



Strategies to support mental health



Resources available to parents





# Relational Support

1. Through school - Monday enrichment activities (sync/async), participation in unstructured time of the day.
2. Outside! Invest in layered options for winter, encourage unstructured play, bike riding, hiking.
3. Interact more as a family unit - cook meals together, garden, chores and family projects.



# Self-Care for Families

## emotional

- \_\_\_ watch a good movie
- \_\_\_ write each other positive notes
- \_\_\_ verbalize and talk about feelings
- \_\_\_ draw self portraits
- \_\_\_ Say "I love you"
- \_\_\_ spend time writing
- \_\_\_ have a sing-a-long
- \_\_\_ tell jokes
- \_\_\_ try a new craft

## physical

- \_\_\_ dance party
- \_\_\_ go for a walk
- \_\_\_ family bike ride
- \_\_\_ take a hike
- \_\_\_ play kickball
- \_\_\_ tag
- \_\_\_ roller skating
- \_\_\_ go to the pool
- \_\_\_ jumprope
- \_\_\_ kids yoga
- \_\_\_ wii fit games

## spiritual

- \_\_\_ a gratitude list
- \_\_\_ go outside
- \_\_\_ talk about forgiveness
- \_\_\_ write thank you's
- \_\_\_ volunteer
- \_\_\_ spend time outside or with nature
- \_\_\_ practice positive self-talk
- \_\_\_ plant a tree

## mental

- \_\_\_ read together
- \_\_\_ draw or write stories
- \_\_\_ kids meditation
- \_\_\_ find shapes in clouds
- \_\_\_ practice belly breaths
- \_\_\_ go on a walk to find new things
- \_\_\_ make vision boards
- \_\_\_ try Headspace for kids
- \_\_\_ create mandalas
- \_\_\_ make mindfulness jars
- \_\_\_ play mind strength games like memory

## practical

- \_\_\_ clean up
- \_\_\_ declutter old toys
- \_\_\_ assign chores
- \_\_\_ make a grocery list together
- \_\_\_ learn about money
- \_\_\_ make a weekly budget check-in
- \_\_\_ make a weekly cleaning check-in
- \_\_\_ homework/study
- \_\_\_ have a morning & night routine

## social

- \_\_\_ play in the park
- \_\_\_ call or visit relatives
- \_\_\_ have family dinner
- \_\_\_ play boardgames
- \_\_\_ host a sleepover
- \_\_\_ invite friends over
- \_\_\_ plan a bbq
- \_\_\_ join a team
- \_\_\_ do a neighborhood food drive
- \_\_\_ have talks about friendship and how to be a friend.

*just stay curious*



# Relational Support

- Check in with older children frequently
- Use online communication platforms to support friendships
- Online safety/Protocol





# Supporting Mental Health

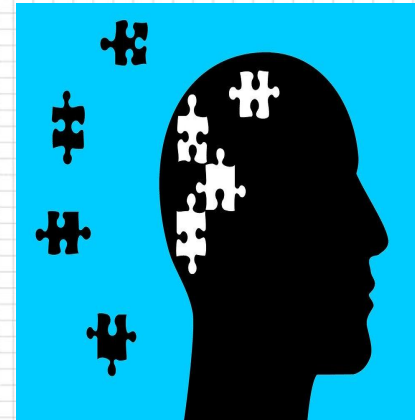
- Parents: take time to care for yourself
- Stay calm, listen, and offer reassurance
- Monitor television viewing and social media
- Take time to talk
- Be honest and accurate
- Keep explanations age-appropriate



# Supporting Mental Health

- Encourage your child to engage in non-screen, creative/movement activities
- Model healthy lifestyle practices and wellness
- Stay connected to school
- Be aware of your children's mental health

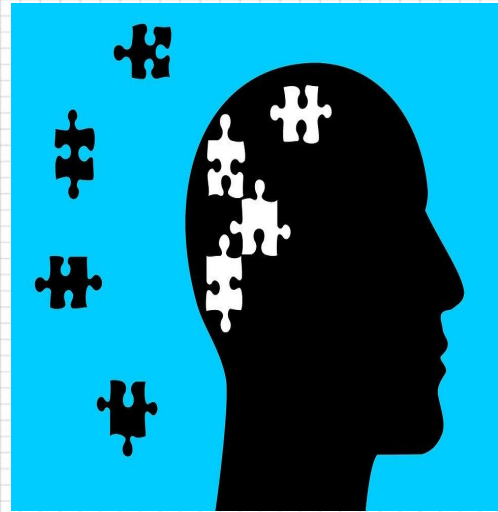
[Nurturing Children's Mental Health](#)





# When to reach out for mh support

- Co-regulation, and the immature nervous system.
  - Is it safe to connect?
- Stuck and triggered
  - Befriending yourself and your nervous system.



# COUNSELOR'S CORNER



[Activities](#)

[Videos](#)

[Home and School Resources](#)

[Counseling Request Form](#)

**WELCOME TO THE LEMON ROAD COUNSELING CORNER!**

Created by the Lemon Road Student Services Team

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[Lemon Road Counselor's Corner](#)



If you take away only three ideas  
from tonight's session...



1.

**Be outside,  
OFTEN!**

2.

**Take time  
to talk**

3.

**What's available**



# 10 WAYS TO ASK YOUR KIDS “HOW WAS SCHOOL TODAY?”

## & GET MORE THAN A ONE WORD ANSWER!

1. *What was the best/worst part of your day?*
2. *What was the funniest thing you saw today?*
3. *What was the best part of lunch?*
4. *What was your teacher wearing today?*
5. *What do you wish you could do more of at school?*
6. *Which activity at school today was your favorite?*
7. *If you were the teacher tomorrow, what would you do differently?*
8. *Which kid at school would you like to get to know better?*
9. *What was the hardest part of your day?*
10. *What would you like to be learning more about?*





**What questions  
do you have?**



# Thank you!!!

