

Parent Social and Emotional Resources

*All resources are provided from Mrs. Campos, school counselor, and Mrs. Davis, parent liaison

Pyramid Model Parent Resources to help parents navigate social/emotional behaviors:

<https://challengingbehavior.cbcs.usf.edu/Implementation/family.html>

YouTube Behavior Videos:

- Sesame Street Common and Colbie Caillat: Belly Breathe with Elmo (If you have bubbles at home use them to help learn how to belly breath).
- Daniel the Tiger: When you feel so mad you want to roar
- YouTube and type in social and emotional books for Pre-K. There you will find books that can be read to them like the Grumpy Monkey.

Go Noodle website: Mindfulness activities. For example bubble breathe. <https://app.gonoodle.com/>.

Pinterest is a great site for ideas and recipes for playdough, sensory bottles....Many of these items can be made from things in your home.

***If you have any concerns about your child while we are not in school please email Mrs. Campos at tcampos@romecsd.org or Mrs. Davis at jedavis@romecsd.org.**