



The
Children's
Reading
Foundation

Read Together 20
Minutes Every Day™

Social & Emotional Learning Printable Pack



Coloring
Sheet

Play
With a
Purpose



Read Together 20
Minutes Every Day™

Weekly Feelings Chart

Use this Weekly Feelings Chart with your child to talk with them about their feelings and emotions. Have your child draw a checkmark, heart, or star in each box corresponding to their feeling. Then, take time to reflect with your child about why they feel a particular way.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Peaceful 							
Sad 							
Happy 							
Angry 							
Surprised 							
Embarrassed 							
Scared 							
Excited 							
Frustrated 							
Confident 							



22 Relating to Others

25 Taking Responsibility

26 Developing Emotional Well-being

• DIY Feelings Meter •

Play
With a
Purpose

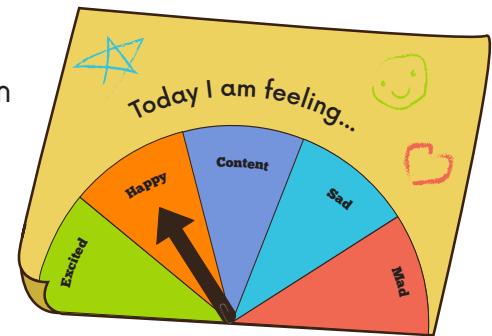
Help your child share how they are feeling with this DIY Feelings Meter. Your child can move the arrow back and forth to express the feelings they experience throughout the day.

INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the My Feelings Meter.
2. Have your child color in the different sections of the meter and the arrow.
3. Cut out the half circle of the meter and the arrow. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the half circle of the meter and the arrow. If they are not ready to use scissors, you can hold their hand and cut the pieces together.
4. Have your child glue the meter on to a piece of construction paper.
5. Help your child attach the arrow to the meter with the paperclip.
6. Now you are ready to Play With a Purpose! Ask your child to move the arrow so that it is pointing to their current feeling. Take advantage of this opportunity to talk with your child about what makes them happy or sad. Recognizing feelings is an important school readiness skill.

What you'll need:

- 8 1/2 x 11 paper
- Crayons or markers
- Scissors
- Glue
- Construction paper
- Paper Clip

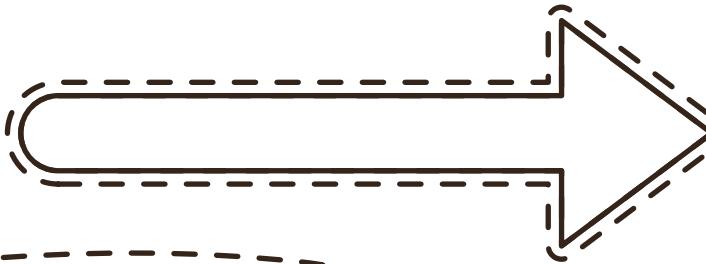


Making crafts and doing activities is always fun! But remember, **Playing With a Purpose** is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.



- 22 Relating to Others
- 24 Following Directions
- 26 Developing Emotional Well-being

DIY Feelings Meter



Today I am feeling...



Content

Happy

Excited

Sad

Mad



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Create-a-Face

Have your child cut out the parts of the face and sort the eyes, eyebrows, and mouths. Then help your child create different faces. Talk with them about the different emotions on the face and try swapping out features to see what happens when a frown is turned upside down!



18 Sorting Items
22 Relating to Others
26 Developing Emotional Well-being

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Color
Me!

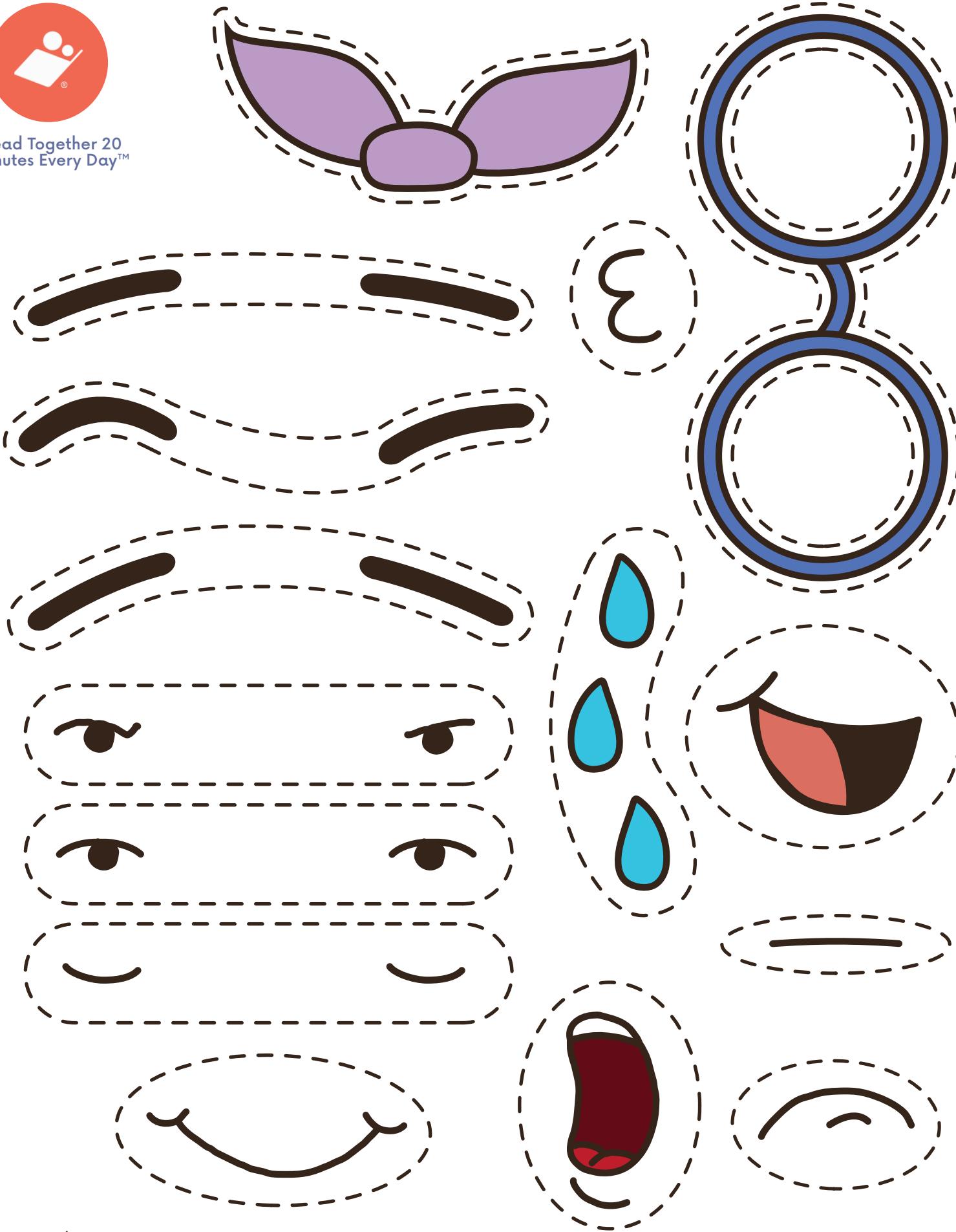


18 Sorting Items
22 Relating to Others
26 Developing Emotional Well-being

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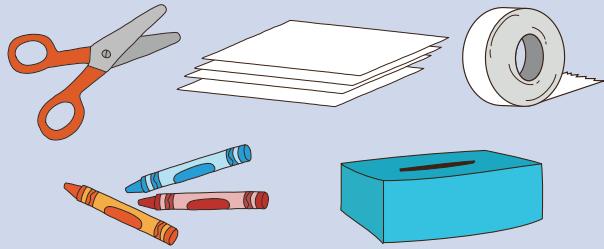
18 Sorting Items
22 Relating to Others
26 Developing Emotional Well-being

• THE MINDFUL LION

Help your child understand their feelings by sharing their sensations with their very own Mindful Lion.



24 Following Directions
26 Developing Emotional Well-being



What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- Tape, glue, or paste
- 8 1/2 x 11 white paper (for printing)
- Any size tissue box

INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the Mindful Lion face on the other page of this document.
2. Color in the lion and lion mane with crayons, colored pencils, or markers.
3. Cut out the lion's face along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the lion's face and mindful slips. If they are not ready to use scissors, you can hold their hand and cut out the lion together.
4. Attach the top half of the lion's face to the tissue box above the opening of the box using tape, glue, or paste.
5. Attach the bottom half of the lion's face to the tissue box below the opening of the box using tape, glue, or paste.
6. Attach the lion's mane to the tissue box around the top part of the lion's face using tape, glue, or paste.
7. Practice mindfulness with your child by completing the mindful slips. Then, ask them to feed the slips to the Mindful Lion by putting the slips into the lion's mouth.

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I enjoy the sound of:

A soft texture I enjoy is:

I love to eat:

My favorite thing to see is:

I'm happy when I:

It makes me sad when:

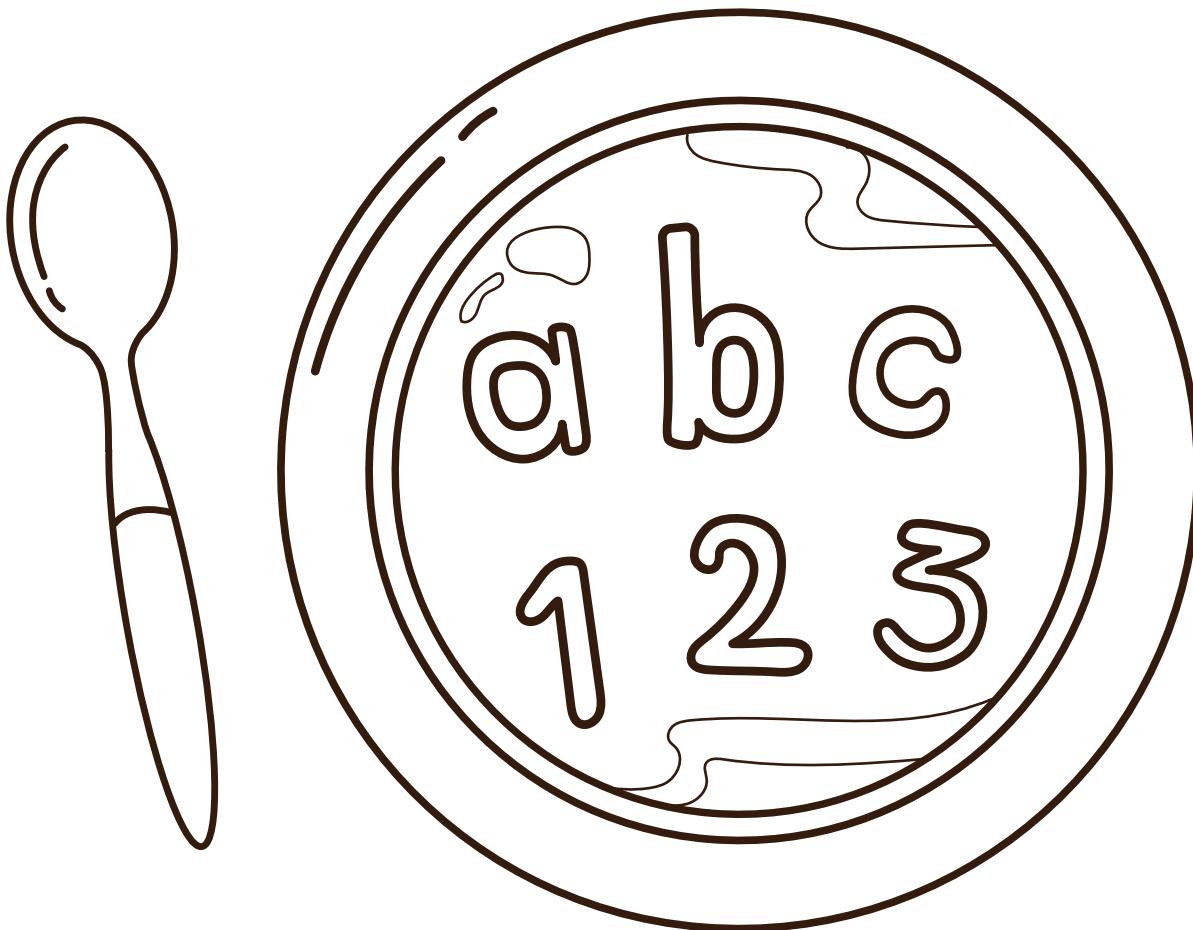


ALPHABET SOUP BREATHING EXERCISE



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This alphabet soup activity will help your child learn mindfulness and understand their feelings by practicing their breathing while blowing on this hot bowl of soup.



1. Help your child practice their long breaths by taking in a deep breath and holding it as they trace the entire length of the placemat with their finger. Then have your child blow out their long breath as they trace the placemat for a second time. Repeat.
2. Help your child practice their short breaths by taking a deep breath and blowing out three quick short breaths as they tap the letters a, b, and c. Repeat.
3. Help your child practice their short breaths by taking a deep breath and blowing out three quick short breaths as they tap the numbers 1, 2, and 3. Repeat.
4. Help your child practice their breathing by combining steps one, two, and three in quick succession.

***Bonus activity:** Coloring is also a mindful activity. Color your placemat and bowl of soup.



24 Following Directions

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