Supporting your Child’s Social-Emotional Health

Activities for Students & Families

Check out these excellent resources and articles to help you support your child.

ODH on Supporting Social, Emotional and Behavioral Health
Helping Pre-Teens Through Coronavirus Lockdown
Tips for Families During Uncertain Times
This Week’s Activities:

**Try these ideas for age-appropriate activities to enjoy with your kids.**

**Pre-K to Elementary:** Watch the video of our favorite Cavs’ mascots reading a Mo Willem’s book. Then grab some paper and a pencil watch and learn how to draw with Mo Willem’s.  *The Pigeon Finds a Hot Dog!* Read by Sir CC and Moondog and *Lunch Doodles with Mo Willems*

**Elementary-Middle School:** Navigate your way through the Smithsonian [National Museum of Natural History](https://www.naturalhistory.si.edu) by exploring current and past exhibits! Take a [virtual tour of the Great Wall of China](https://www.virgin.com), a 2,000 year old marvel. Take a visit to the [British Museum](https://www.britishmuseum.org), the world’s oldest national public museum.

**Everyone:** Though we aren't able to attend a baseball game right now, in the meantime, we can all enjoy this [Cleveland Indians activity book](https://www.clevelandIndians.com/).  

**Tip of the Week:**

**Set Daily Goals**

Each day try to have your child set a simple goal or two. This can be an academic goal, household chore, good deed, new skill or exercise. It helps if the goal is written down and placed in a spot you can easily see like on the refrigerator, near your child’s work space, or on a door that gets used often.

The goal should be attainable and realistic for your child to accomplish. It could also be fun to set a family goal each day such as playing a game together, cleaning out the garage together, a family art project, or going for a walk.