



*Social and emotional learning helps children understand their emotions, show empathy for others, establish healthy relationships, set positive goals, and make responsible decisions.*

## SKILLS TAUGHT



**CASEL Competency:** Relationship skills

**Sub-competencies:** Relationship building

## What Would You Do?

### Materials

- Plastic cup, 4 strips of paper, pen or pencil

### How to Play

1. On each strip of paper write a situation that could happen in your child's day-to-day life. You can use the examples below or come up with your own.
  - Your classmate needs help packing up their belongings.
  - Your friends are playing, and you want to join them.
  - You have a new classmate, introduce yourself.
  - Your friend is sad.
2. Put the strips of paper in the plastic cup.
3. Take turns with your child choosing a strip of paper.
4. When you or your child choose a paper, read the situation and then share what you would do in that situation.

If your child gets stuck coming up with a solution you can help them by asking questions, such as "How can you help?" or "What would you say?"