



RULER *for Families*

Conversation Starters and
Activities for Elementary
School Families



Introduction

These simple activities and conversation starters are designed to promote social and emotional skills at home. There are three types of activities: 1) TALK ABOUT IT, 2) DO IT TOGETHER, and 3) DID YOU NOTICE.



Grades 2-3

TALK ABOUT IT:
Emotions matter! Share a time you were affected by someone else's impatience or excitement. Ask your child to share too!



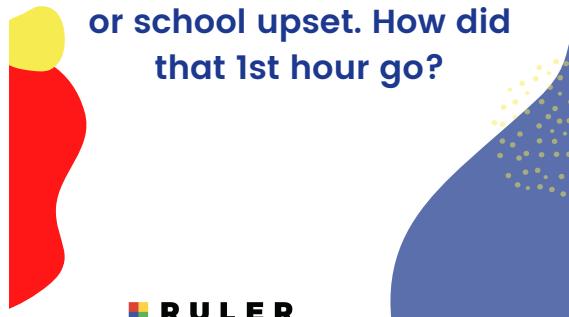
Grades 2-3

DID YOU NOTICE:
Emotions are contagious! Smile at a family member five different times today. Talk with your child about the reactions you receive.



Grades 2-3

TALK ABOUT IT:
Strong emotions can make it hard to concentrate. Share a time you arrived to work or school upset. How did that 1st hour go?



Grades 2-3

TALK ABOUT IT:
Describe a time that you made a big decision. What role did your emotions play? Share together.





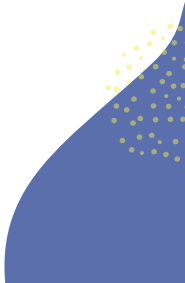
Grades 2-3

DO IT TOGETHER:

Our faces can show how we're feeling. Show the feelings peaceful and pleased. Can your child can guess which is which?



 RULER



Grades 2-3

TALK ABOUT IT:

Sometimes we can't tell how people feel unless we ask. Discuss ways to ask someone whether they feel frustrated or disappointed.



 RULER



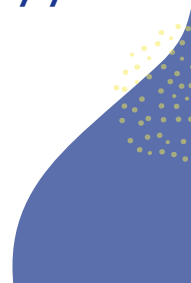
Grades 2-3

DID YOU NOTICE:

When we're aware of how we feel, we can make better decisions. Before reacting to your child, try to identify your feelings.



 RULER



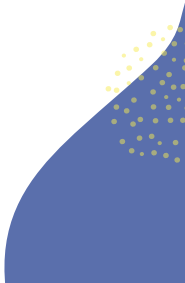
Grades 2-3

DO IT TOGETHER:

Practice self-awareness with your child by asking each other how you're feeling at different points of the day!



 RULER



Grades 2-3

DID YOU NOTICE:

Our bodies give us clues about our emotions. With your child, describe what happens in your body when you're feeling nervous.



 RULER



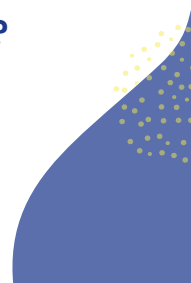
Grades 2-3

DID YOU NOTICE:

Which emotions bring up the strongest changes inside your body? When you're Ecstatic? Furious? Disgusted?



 RULER





Grades 2-3

TALK ABOUT IT:

Thinking about what causes our feelings helps us understand ourselves. Discuss a time you felt confused and why you felt that way.



 RULER



Grades 2-3

DO IT TOGETHER:

Practice understanding the causes of emotions when reading together. Ask: why do you think the character feels this way?



 RULER



Grades 2-3

TALK ABOUT IT:

Keep talking about emotions at home! Share what makes you grumpy and how it affects others. Ask your child to share too.



 RULER



Grades 2-3

DO IT TOGETHER:

Discuss what makes each of you feel cheerful. Take a selfie of you and your child making your best “cheerful” faces!



 RULER



Grades 2-3

TALK ABOUT IT:

Putting our emotions into words helps us communicate what we feel. Share about your day and name four distinct emotions you each felt.



 RULER



Grades 2-3

DO IT TOGETHER:

This week, write down all of the feeling words you encounter from books you read together. Did you learn any new words?



 RULER



Grades 2-3

DO IT TOGETHER:
There are many fun ways to build your feeling word vocabulary! Take turns acting out emotions and guessing what they are.



 **RULER**



Grades 2-3

DID YOU NOTICE:
The next time your child seems high energy in a pleasant way, ask what specific emotion they are feeling. You can share yours too!



 **RULER**



Grades 2-3

TALK ABOUT IT:
Happiness, sadness, and anger can take many forms! Talk about the different ways you have seen each other express these emotions.



 **RULER**



Grades 2-3

DID YOU NOTICE:
Pay attention to how family members express emotions. Compare the similarities and differences. Was anything surprising?



 **RULER**



Grades 2-3

TALK ABOUT IT:
Sometimes we need to change our behavior to deal with feelings. Discuss three healthy activities you can try to handle worries or stress.



 **RULER**



Grades 2-3

DO IT TOGETHER:
Make a list of things you can think about and things you can say or do to skillfully manage emotions! Post it!



 **RULER**