

Weekly SEL Skill: Social Awareness (perspective taking)

“Perspective-taking is the ability to understand that other people have thoughts, feelings, and experiences different from your own. It’s a cornerstone of empathy, social relationships, problem-solving, and, well—being human.”

“It involves more than just understanding the perspective of others; it’s also about being able to consider that viewpoint when making decisions, solving problems, and interacting in social situations.”

Children will gain a sense of the environment, people, and happenings around them. As students participate in activities alongside others, they begin to understand the social, emotional, and cultural traits outside their own through discussion and shared experiences. Activities will also focus on physical boundaries, why they are important, and how to respect them.

Students all come to us with different skill levels, the activities and regulations that will be discussed this week will set them on the same path and allow staff to gauge their individual strengths and weaknesses. Understanding perspectives outside their own begins their journey to becoming functioning members of their community. Later in the year, students will have a week to discuss the importance of community.

This week’s activities:

- Wonder Web
 - Students roll a ball of yarn around a circle while telling facts about themselves. At the end students will see a web that connects them
- Fishy Fishy
 - Students run across the gym when a fact about themselves is mentioned
- Backpack key chains
 - Students create custom charms for their school bags and compare with friends
- Creating their own name tags
 - Students at Eddy create their own name tags for our seating arrangements, allowing for self expression, recognizing similarities and differences in others, and respecting individuality.

Life skills: Conflict resolution, empathy, communication, emotional intelligence, cooperation, making friends, problem solving

Weeklong challenge: Ask at least one person a question about themselves

How you can continue at home:

- Role-playing/make believe,
- Break tasks/social interactions into smaller sections
- Use direct and clear language

- Reflect on activities (what did you learn?, what could we do differently next time?)

What we're doing next week:

- Theme: Who am I?
- Activities:

Stony Brook	Eddy
School bus photo frames	Junk Journaling Club
pick-a-side	Cardio Club
Eye Witness	STEM Club

Sources:

<https://adayinourshoes.com/perspective-taking-activities-for-kids/>

<https://veryspecialtales.com/perspective-taking-activities-for-kids/>