



MarcoPolo

For Families



Thematic Choice Board

Social Emotional Learning



Anger

Identifying anger and its cause helps people think more clearly and act more calmly.



Breathing

Deep breathing can help a person to be calm and think clearly when they are upset.



Empathy

Empathy is when you understand how another person feels because of similar or shared experiences!



Frustration

Take a break, believe in yourself, and reset!



Jealousy

Learn how to manage emotions when you want what someone else has!



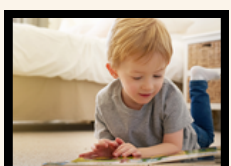
Nervousness

Take deep breaths and imagine that something good will happen to help nervousness!



On My Own

Gain independence and try to do new things on your own!



Scared

Learn strategies to help overcome the feeling of being scared!



Using Your Words

Using language to communicate to others can be helpful when facing conflict!

