



Mindset skills help children understand their emotions, set positive goals, show empathy for others, establish healthy relationships, value diversity and inclusion, make responsible decisions, focus, and stay organized.

SKILLS TAUGHT



Mindset Skill: Social Awareness

Area: Relationships, Empathy

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?"