



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, Citizenship

Area: Relationships, Problem-Solving

Role Play

How to Play

Choose a situation below. Explain the situation to your child and then role play.

- *The Swing at the Park*—Pretend you are going to your child's favorite park. When you arrive, another child is on their favorite swing. (What can your child do instead?) The other child does not get off the swing and your child feels impatient. (What can your child do to calm down?)
- *Kick Ball*—Imagine your child is invited to play a game of kickball. They do not want to play at first. (How can they say no?) Soon your child decides they want to play. (How can they ask to play?) Both teams want to kick first. (What can the children do?)

- *Eating Out*—You're at a restaurant with your family. When your child gets their food, it is not right. (How might your child react? What might they say?) Your child finishes their food first. (What can they do while they wait?)

Tips: Explore ideas; there is not one right way. This is also a great time to practice polite words such as *please* and *thank you*.