

Parent SEL Toolkit Handouts

1. Feeling Daily Check-In Sheet

Use this daily with your child (or yourself!) to build emotional awareness and vocabulary.
Based on NCFELD standards.

Prompt: I am feeling _____ because _____. Encourage your child to use this at least once per day.



LOVE



HAPPY



SAD



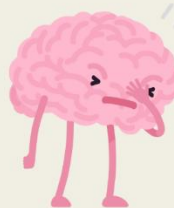
ANGRY



DISGUSTED



TENDER



SHAME



SATISFIED



GUILT



FEAR



BULLY



HOSTILE



2. Bullying vs. Conflict Chart

Conflict: normal disagreements between peers.

Bullying: repeated, intentional harm with a power imbalance.

Conflict	Bullying
A disagreement or argument between children.	Repeated, intentional behavior that causes harm.
Power is equal between peers.	Power is unbalanced (age, size, confidence, or popularity).
Both children may feel upset but want to resolve it.	One child feels targeted, scared, or excluded.
Can be solved with adult coaching and empathy.	Requires adult intervention and follow-up.

Tip: All unkind behavior is a chance to teach empathy and accountability — even if it's not bullying.

3. Parent Conversation Prompts for Tough Moments

Use these to guide calm, supportive discussions with your child.

When your child hurts someone:

- It sounds like you were frustrated. What could you do differently next time?
- How do you think your friend felt?
- What can we do to make it right?

When your child is hurt by someone:

- Thank you for telling me, that was brave.
- How did that make you feel?
- Let's make a plan together for what to do next time.

When your child is overwhelmed:

- Let's take a break and breathe together.
- Do you want to talk about it or have quiet time first?
- What could help you feel safe right now?

When you feel frustrated:

- I need a moment to calm down, too. Let's both take a breath.
- I love you, even when we're upset.
- We can figure this out together.

4. Calm-Down Strategy Cards

Cut and keep these cards at home or in your bag to use with your child.

calming cards take a break 	calming cards gratitude pause 	calming cards talk to an adult 	calming cards hug a favorite toy 
calming cards get a drink 	calming cards draw or color 	calming cards go for a walk 	calming cards read silently 
calming cards name it to tame it 	calming cards think about a peaceful place 	calming cards go outside 	calming cards use a fidget 
calming cards smell the flower, blow the candle 	calming cards hum a song 	calming cards ground yourself 5 things you can see 4 things you can feel 3 things you can hear 2 things you can smell 1 thing you can taste	calming cards calm corner 