

Social Emotional Learning – Parent Note

Your child just completed a social emotional learning lesson. The topic was: Wise Mind. Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

What they learned:

- There are three states of mind:
 1. Reasonable mind - controlled by facts and logic
 2. Emotion mind - controlled by feelings
 3. Wise mind - logic and emotions work together to make the best choice
- Students practiced identifying if statements were made in reasonable mind, emotion mind, or wise mind.

Students played the game, “Don’t Spill the Beans” in groups of 4 with 2 teams of 2. During each turn, each team member had specific roles. Player 1 carefully added beans to the pot in the middle, while Player 2 provided his/her team mate with guidance, reminders, and “wise mind” coaching (e.g. “go slow”, “stay calm”). The students switched roles each turn.

- Students answered discussion questions before, during, and after the game.
- Students completed an exit ticket at the end of the lesson.
- Your student received a Lesson Summary magnet:



If you have a moment, email _____

with any information that might help your student for the next lesson on _____.

Thank you!

