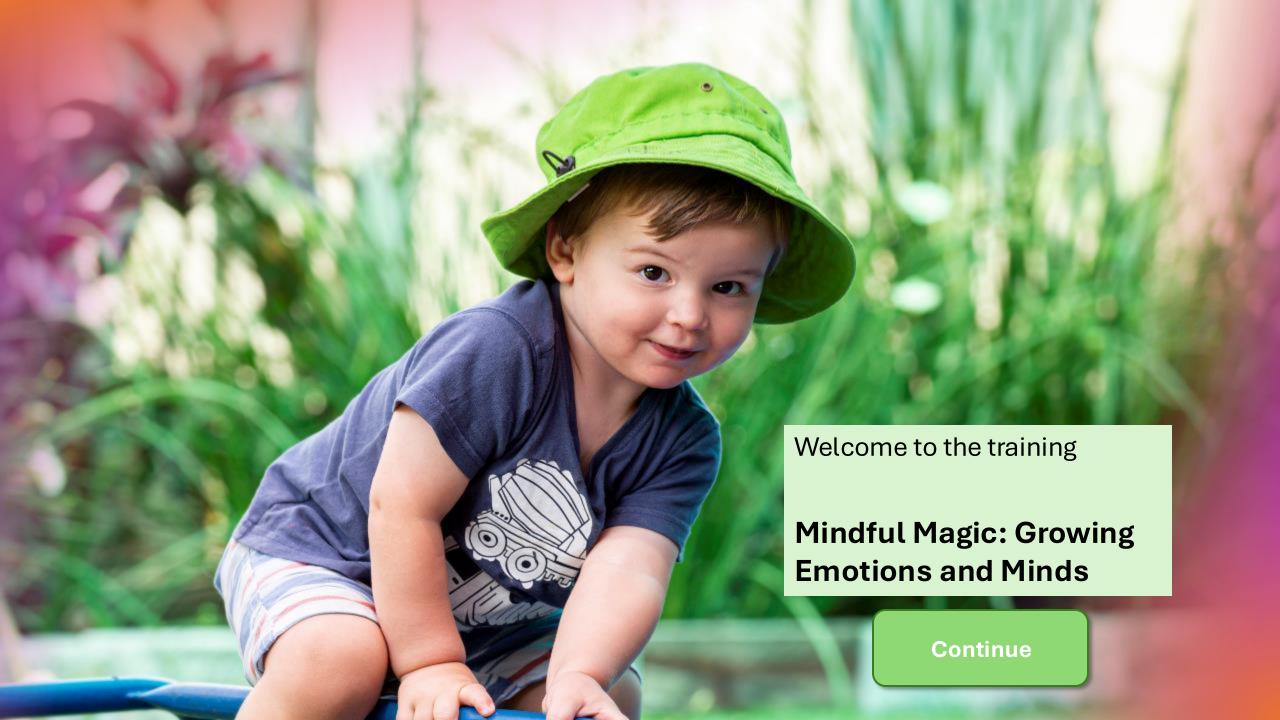
Note to SME:

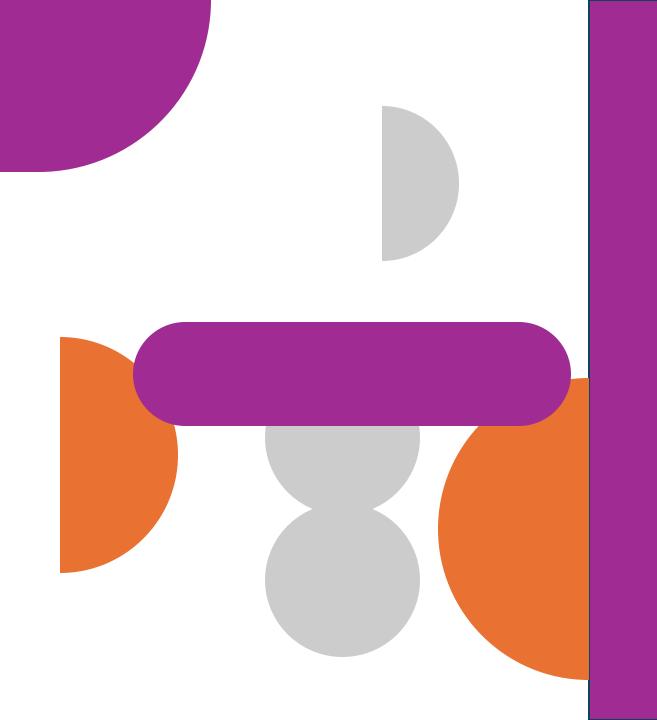
Hi Chris,

A few points before you begin your review:

- As with the earlier storyboard, we have used some layouts and background images to convey a certain message. However, these will not be replicated as is. They will be standardized based on the visual and design guidelines. These visuals are only a starting point.
- We have included a couple of instructional devices branching scenario and a compilation of tips and guidelines as a job aid. The scenario details and the guidelines have been derived/ inferred from the source material.
- In a couple of places, we have inserted comments to ask a question or bring something to your attention.

Thank you for your time!





Slide 1: Introduction



SEL and Mindfulness: Moving Beyond Basics



Explore innovative strategies for children aged 0-5



Learn how
strategies will
transform SEL into
an impactful
experience.



Slide 2:
Topic Overview and Learning
Outcomes



Emotional Storytelling



Mindful Puppetry



Emotion Gardening





Mindful Music Sessions



Emotion Charades



Mindful Sensory
Walks

Learning Outcomes

- Become familiar with conducting each activity
- Understand how each activity impacts a child's mind.









Mindful Puppetry



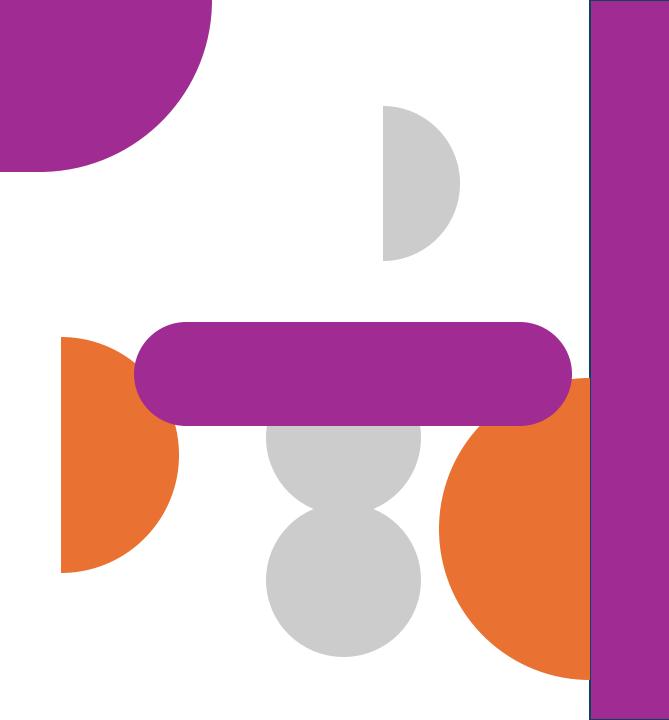
Emotion Gardening



Emotion Charades



Mindful Sensory
Walks



Slide 3:
Strategy 1:
Emotional
Storytelling



Innovative Strategies

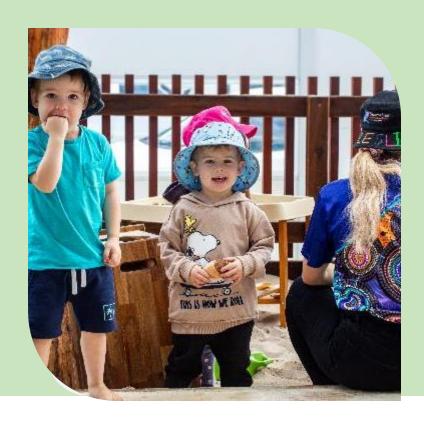




Slide 4:
How to Conduct
Emotional
Storytelling

"Can you make up a story where the main character feels very happy (or sad, angry, etc.)?"





Ask

Ask (if child is hesitant)

"How does the character show their feelings, and what happens next?"



Slide 5: The Exploration Lab



Meet Sara.

Sara is shy and does not speak much.

Click here to get started. Note that the following screens do not have audio.

Explore Emotional Storytelling



Hello, Sara. Would you like to tell me a story? Tell me a story where the main character is feeling sad.



Can it be a fish?

Your choices



Of course! Tell me a story where your fish is feeling sad.



It can be anything you like. But don't you want to talk about yourself?

Proceed



My fish's name is Benny and she is sad.

Your choices



Oh! Why is she sad? Did something happen?

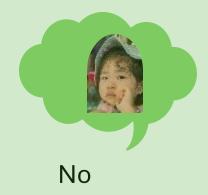


Is that the whole story?

Proceed



Yes. She did not get her food on time. But my mother gave her food. Now Benny is happy.





That's fine, then. You can tell me about the fish.

Proceed



Umm. No. Benny is sad because she did not get her food on time. But my mother gave her food. Now Benny is happy.



Slide 6:
How Emotional
Storytelling Helps
Children



Through emotional storytelling, children can:

- Understand and articulate a range of emotions
- Recognise and name feelings

Understanding and naming emotions = Key aspect of SEL

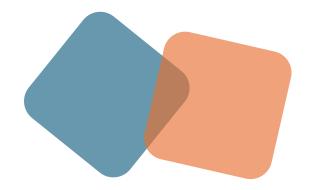


Slide 7: Strategy 2: Mindful Puppetry



Innovative Strategies

How Mindful Puppetry Works



Children use puppets to act out various emotional scenarios.





Puppetry helps them to understand and express emotions through a thirdperson perspective.



Slide 8: How to Conduct Mindful Puppetry

1

2

3



Set up a stage where children can perform.

1

2

3



- Provide an array of puppets that children can choose from.
- Optional: Provide puppet kits for children to make their own puppets.

1

2

3



Ask questions:

- "How is your puppet feeling right now? Can you show it through its actions?"
- "What can your puppet do to feel better if it's sad or upset?"

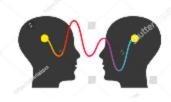


Slide 9:
How Mindful
Puppetry Helps
Children

How Mindful Puppetry Helps Children



Develop empathy and perspective-taking



Understand and respond to feelings in themselves and others.

This is possible as children act out emotions using puppets.





Slide 10: Strategy 3: Emotional Gardening



Innovative

Strategies



Aim: Deepen El

Method: Teach children to care for plants while discussing feelings.

Message: Symbolises growth



Slide 11:
How to Conduct
Emotional
Gardening







Process of Emotional Gardening

- a. Children plant seeds or care for small plants.
- b. As they work, discuss how emotions need attention, just like plants.
- c. Follow this activity with reflective questions.





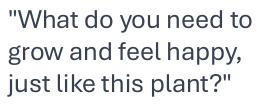




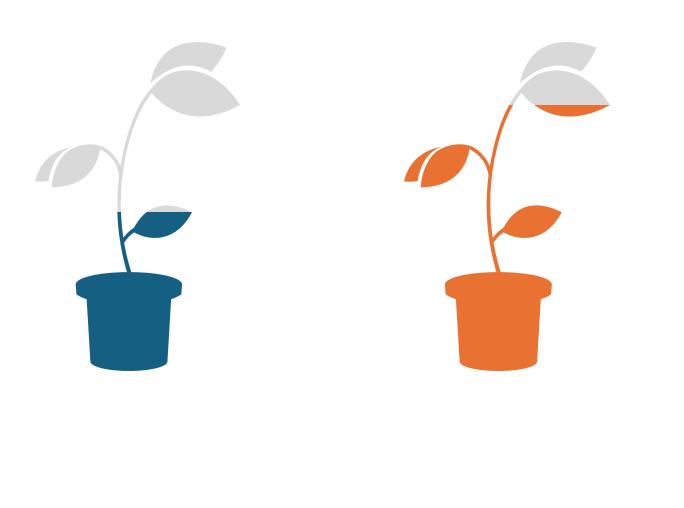
"How do you think this plant feels when it gets water and sunlight?"





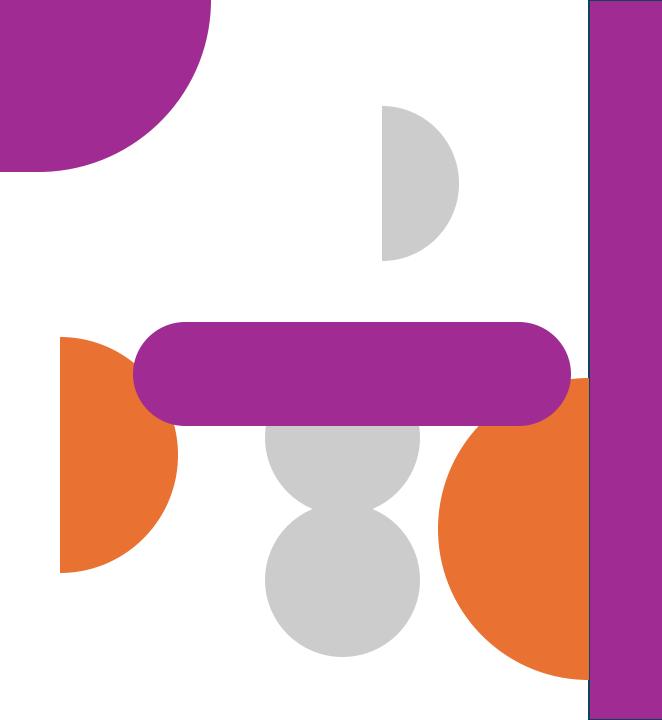








"Do you think this plant is friends with this other plant?



Slide 10:
Strategy 4:
Mindful Music
Sessions



Innovative Strategies



Process of Conducting Mindful Music Sessions



Play different types of music and give children instruments to express themselves.

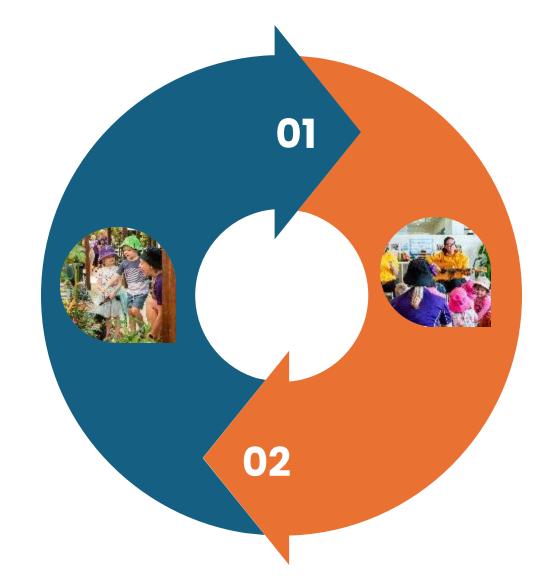
Use calm music for relaxation and upbeat music to explore happiness or excitement.

Ask children questions around music and expression. Examples:

- i. "How does this music make you feel?"
- ii. "Can you show me with this instrument what excitement (or calmness) sounds like?"



Slide 11: Impact of Activities



Blend mindfulness with emotional exploration.

Teach children to:

- Connect their inner feelings with external experience
- Foster emotional awareness and self-regulation.



Slide 12:

Strategy 5:

Emotion Charades



Innovative Strategies



When you conduct this with a mindful approach, you enhance empathy and awareness.





Slide 13:
How to Conduct
Emotion Charades



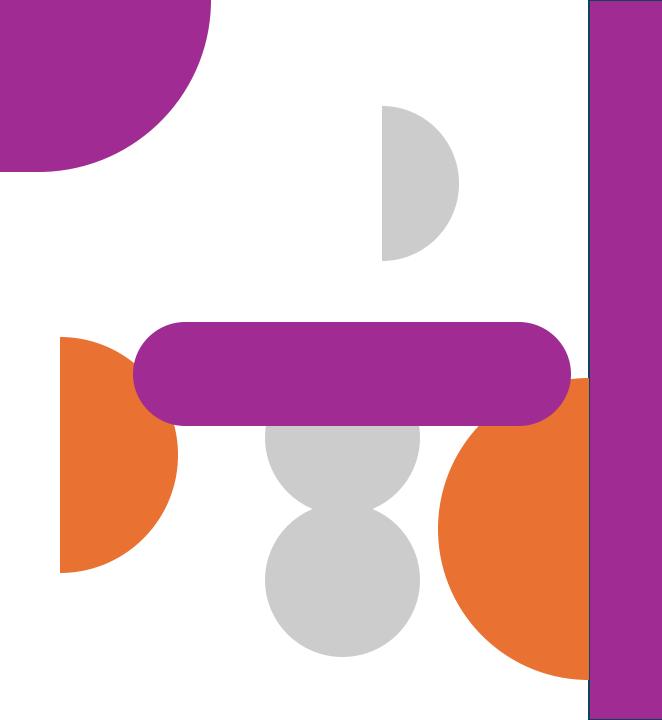
Make children take turns acting out different emotions without speaking, while others guess the emotion.





Follow activity with questions:

- i. "What do you notice about your body when you act out [emotion]?"
- ii. "How can you tell when
 someone else is feeling
 [emotion]?"



Slide 14:
Strategy 6:
Mindful
Sensory Walks



Innovative Strategies



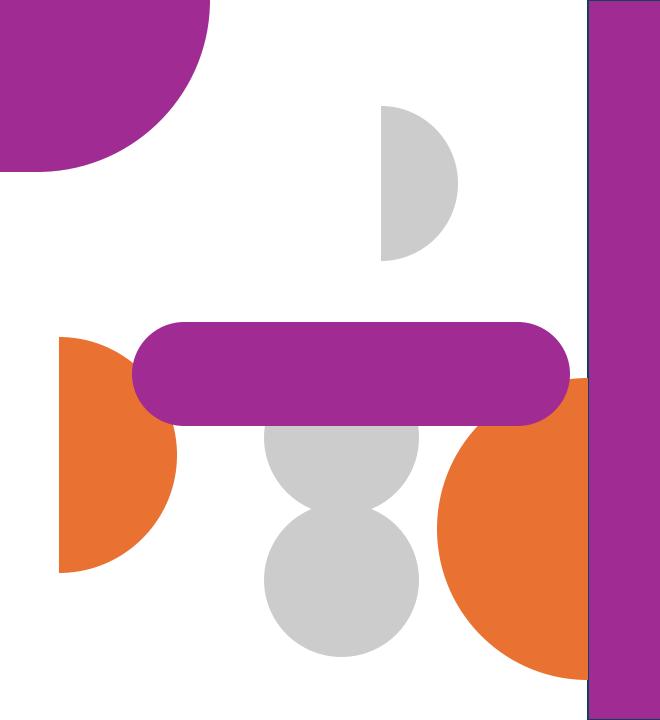
How to Conduct a Mindful Sensory Walks



Go for a walk.

Encourage children to notice and describe what they see, hear, smell, and feel.

Ask reflective questions.



Slide 15: Activities for El

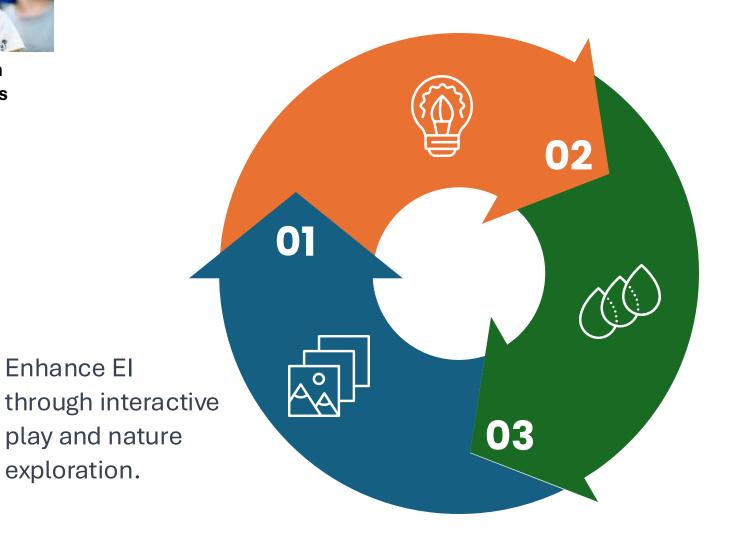


Emotion Charades

Enhance El

exploration.

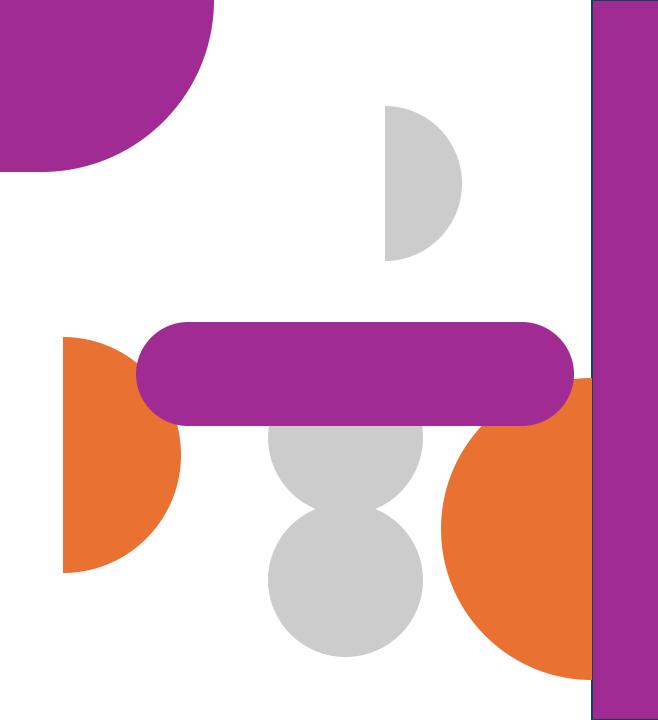
Encourage children to identify and express emotions.



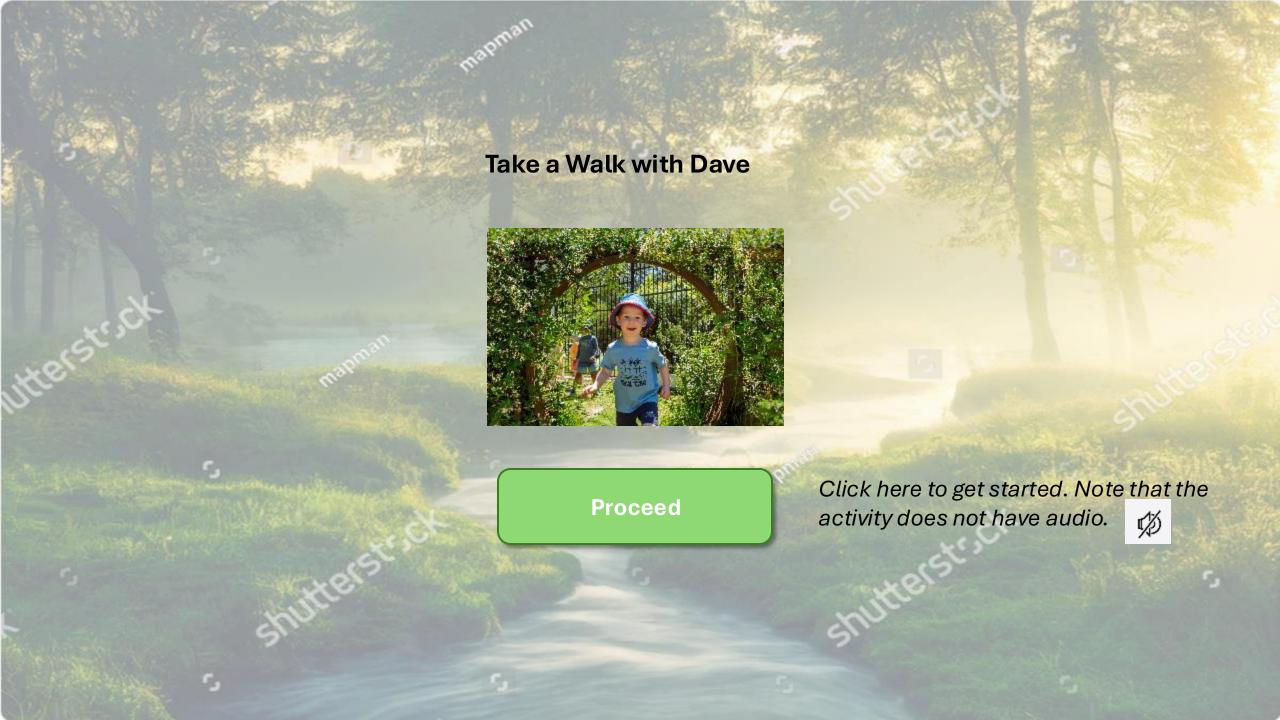


Mindful Sensory Walks

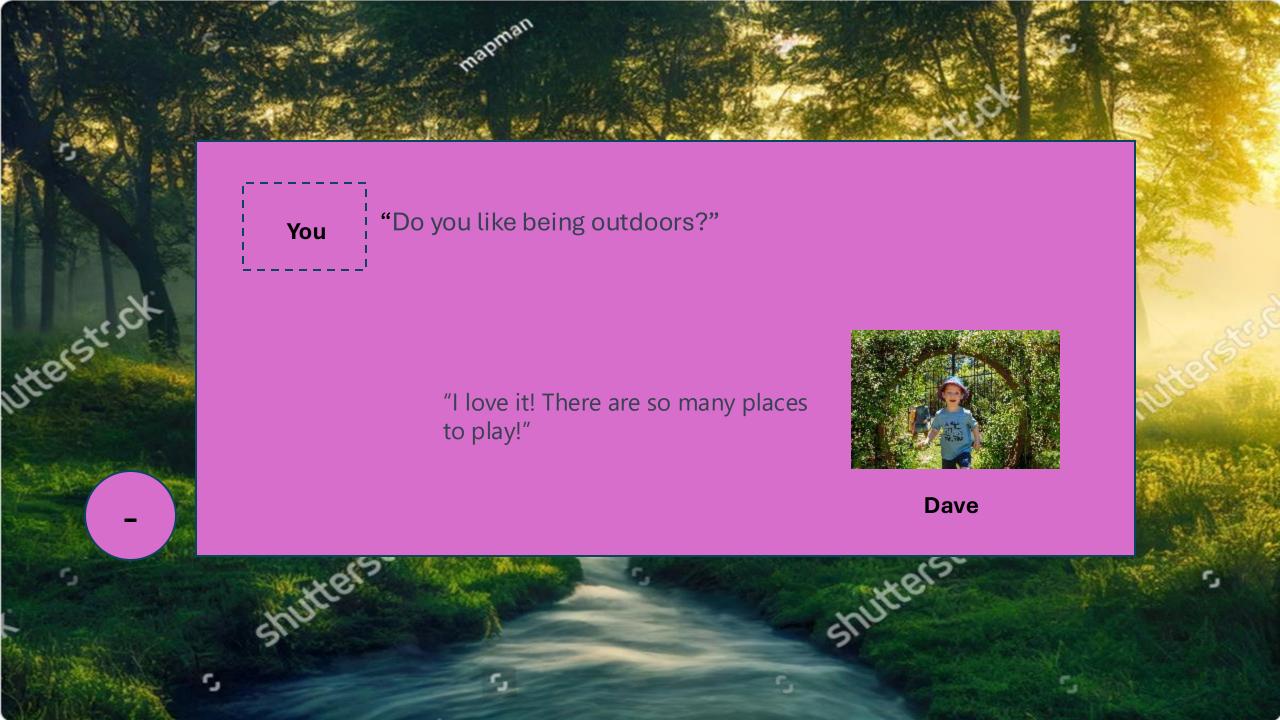
Mindful walks help them see how external environments affect their feelings.

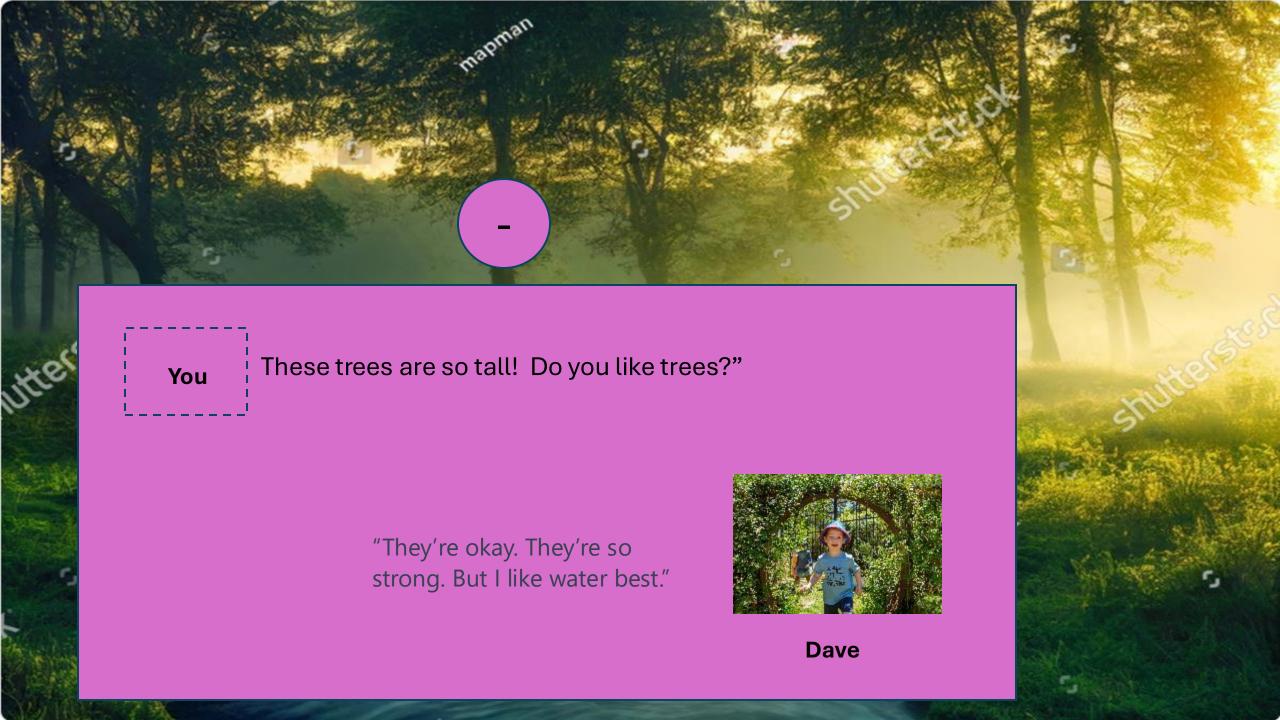


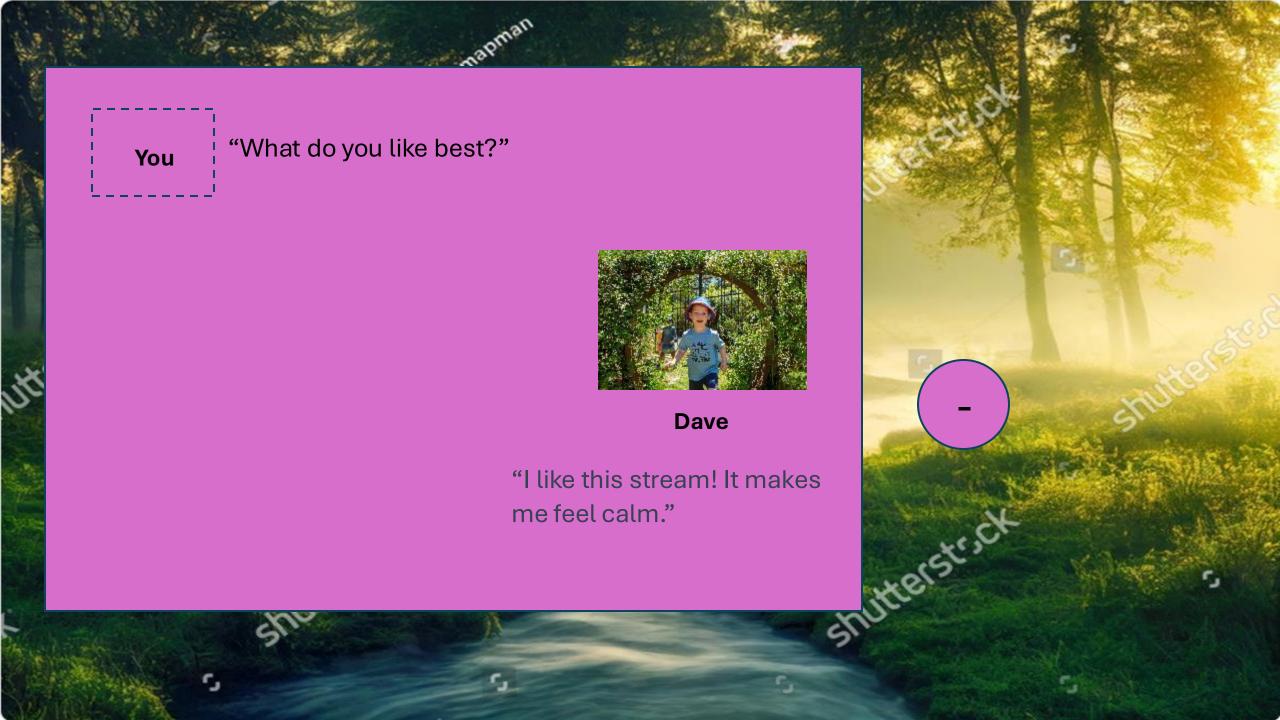
Slide 16: The Exploration Lab

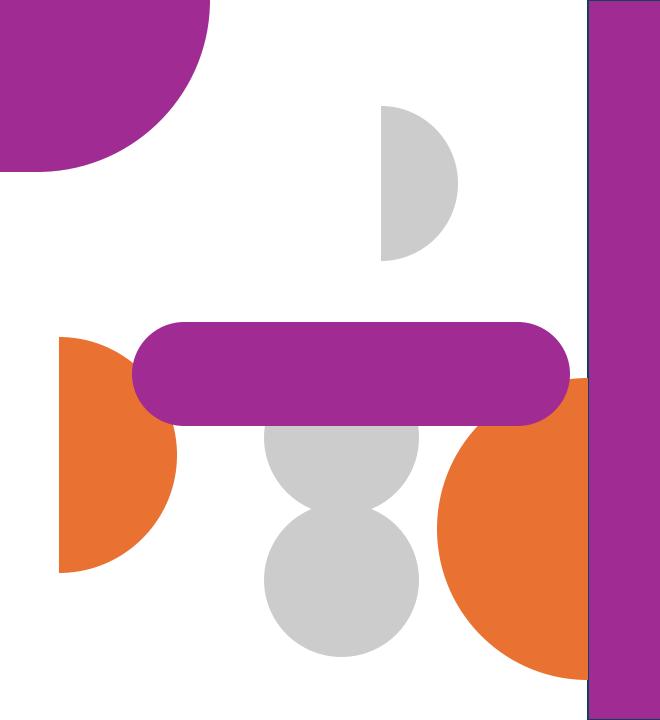












Slide 17:
Guidelines for Activities



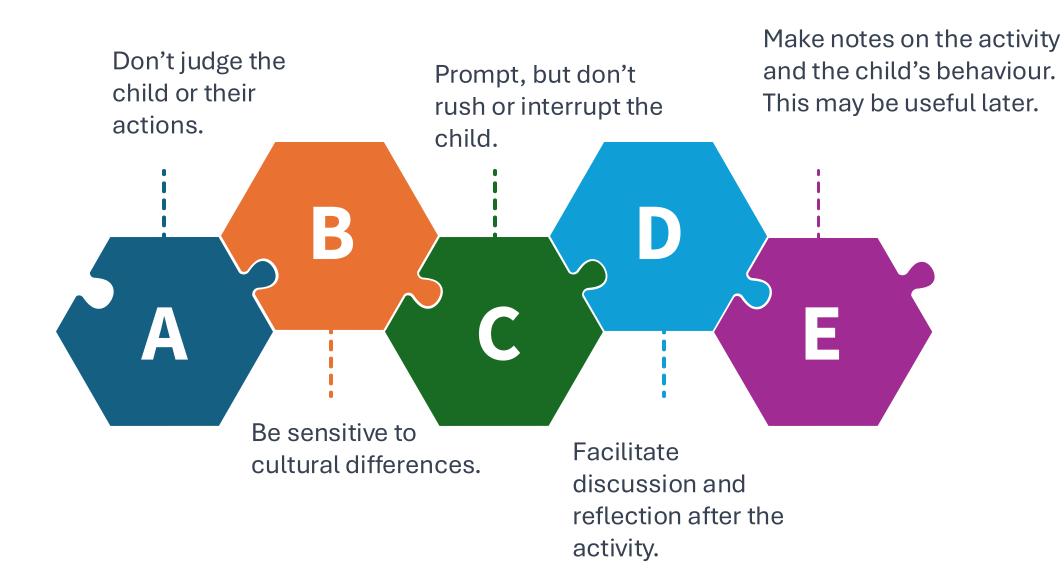
Emotion Charades

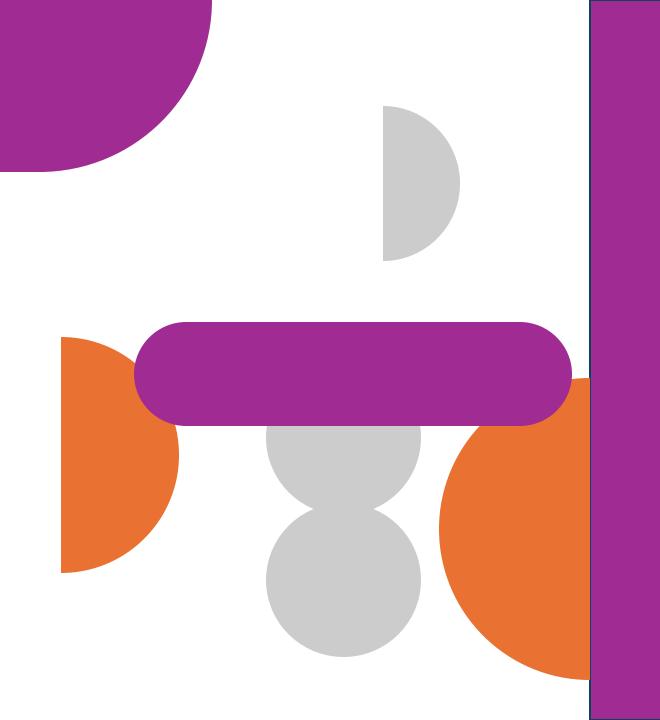
Mindful Sensory Walks

Innovative Strategies

Mindful Music Sessions

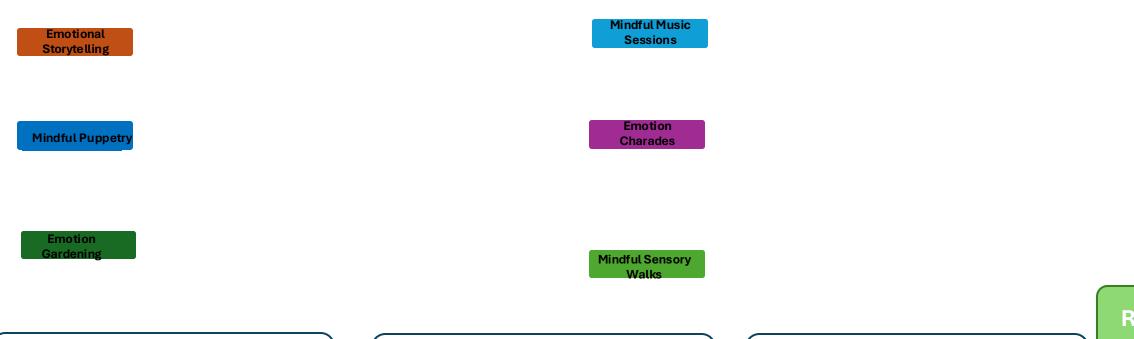
Guidelines on How to Conduct Interactivities





Slide 18: Knowledge Check Do you understand the various activities that promote SEL and EI?

Match the descriptions to the relevant activity. Drag these statements into the relevant category and click **Submit**.



Use narrative to navigate complex emotions.

Allows to explore an emotion from a third perspective.

Nurture plants and, consequently, emotions.

Express an emotion through a musical instrument.

Act out an emotion with other children guessing it.

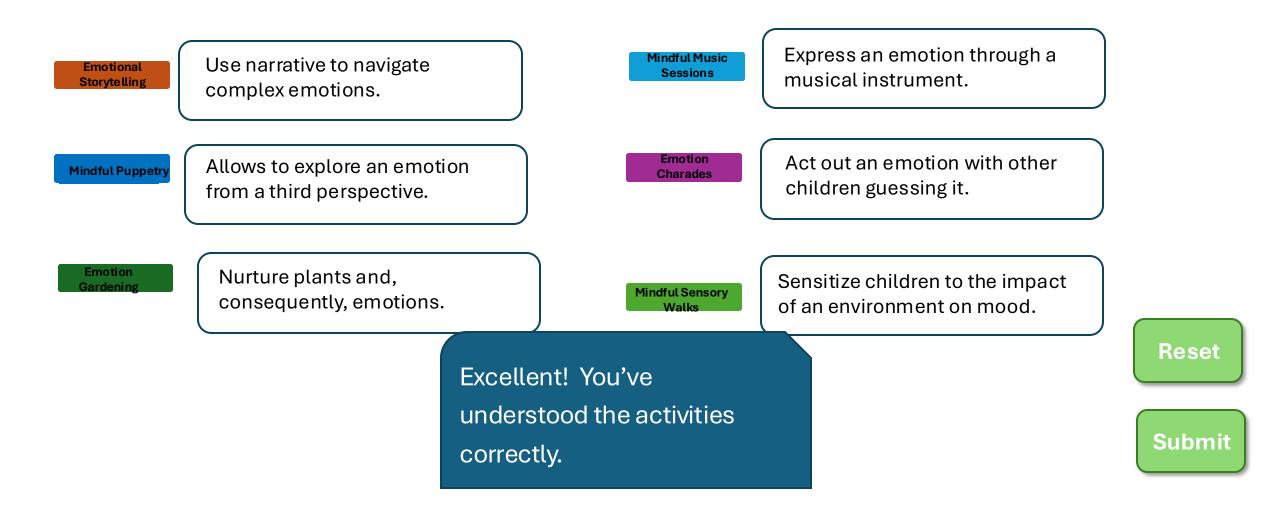
Sensitize children to the impact of an environment on mood.

Reset

Submit

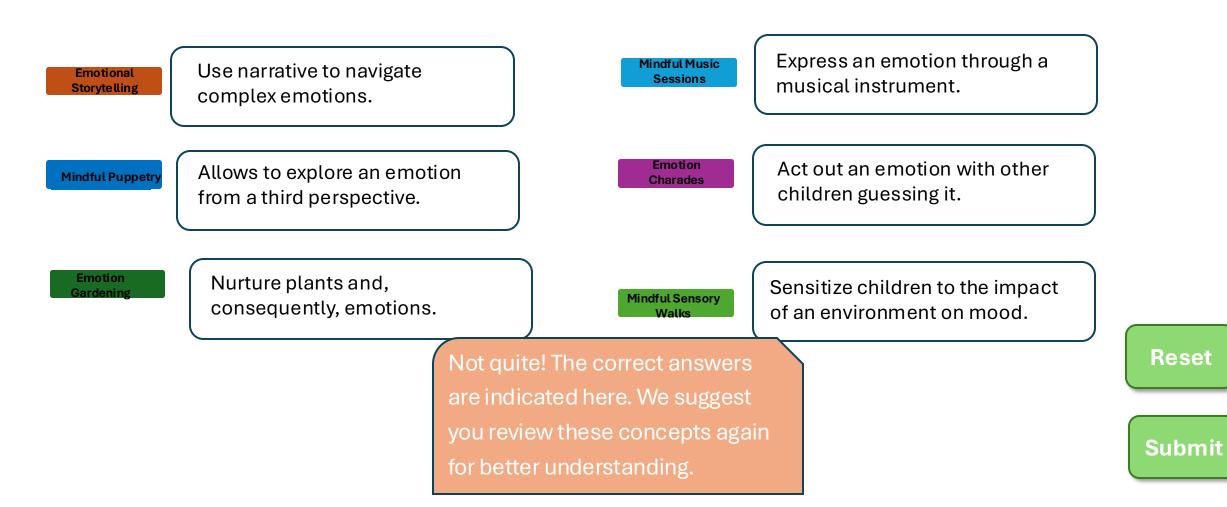
Do you understand the various activities that promote SEL and EI?

Match the descriptions to the relevant activity. Drag these statements into the relevant category and click **Submit**.



Do you understand the various activities that promote SEL and EI?

Match the descriptions to the relevant activity. Drag these statements into the relevant category and click **Submit**.





Slide 19: Conclusion and Key Takeaways













Enhance emotional awareness, empathy, self-regulation, and social interaction skills in children.

