

Social-emotional learning for children

Notice Ask and Choose

Children ages 6 to 9 with a supportive adult | 10 to 15 minutes

People can feel different things in the same moment. You cannot always tell a feeling from a face. Pick a small moment from play or class. You can draw, point, or use words. A safe grown-up can help read the page and listen to your ideas.

Think of a small moment. Show your feeling, wonder about the other person, and choose one kind action.

Notice your feeling

Maybe a game changed or someone wanted a turn. What did you feel? Your feeling is allowed, even when an action needs to change. If you are too upset, get help and come back later.

Ask before helping

You could ask: Do you want help, company, or space? The other person might want something different from you. You can also ask a grown-up for help. Being kind does not mean giving away every turn or accepting hurtful behavior.

1. What happened in our small moment?**2. What did I feel or need?****3. What could I ask to understand the other person?****4. What kind action or grown-up help could I choose?****Clinical use and adaptation**

Read aloud and accept drawings, gestures, or communication devices. Do not score maturity, infer emotions from facial matching, or require sharing private experiences. Keep responsibility for safety with adults. Adapt examples to development and culture, and avoid using empathy practice to excuse bullying.