

family WELLNESS KIT

MINDFUL BREATHING • EMPATHY • COMMUNICATION • SUPER SOLVER



COMPANION CLASSROOM

YOU WILL FIND DIGITAL COPIES OF ALL THE MATERIALS IN OUR KITS,
AS WELL AS VIDEOS DEMONSTRATING SOME OF THE ACTIVITIES

INTRODUCTION

Dear SUSD Caregiver,

Welcome to your SUSD Family Wellness Kit Companion Classroom!

The Family Wellness Kit Companion Classroom (www.stocktonusd.net/familywellness) is where you can access all the printed materials included in the kit, as well as view short videos modeling the skills and activities in English, Spanish, and other languages. We have also included links to read aloud social stories as well helpful resources for parents and caregivers on various social emotional and behavioral topics.

The Mental Health & Behavior Support Services Department believes that family wellness is key in supporting a child's success in school. When we address a child's social emotional needs we will see better behavioral, educational, and relationship outcomes.

The Mental Health & Behavior Support Services Department has created this wellness kit to support your family's social emotional growth. This workbook is designed as a guide for parents and caregivers as they learn new wellness tools that support the development of positive relationships. Practice activities that parents and caregivers can do with their children will help support family growth. You can choose to do some or all of the practice activities to reinforce your learning depending on what works for your family.

This wellness kit will guide you through goal setting and the importance of positive reinforcement of four main skills: Mindful Breathing, Empathy, Communication, and Super Solver. This kit also contains information and resources for mental health and other resources within the community.

We hope that this kit will spark learning and growth within your family.

PRINT YOUR WORKBOOK HERE!



ADDITIONAL RESOURCES