

## Mealtime Conversation Starters To Support Social-Emotional Learning at Home

Mealtime is a perfect opportunity to engage with each other and support the development of vital social-emotional skills. Use the following topics during mealtimes to inspire conversations that will help everyone in your family connect over both everyday and extraordinary events and experiences. We have organized these suggestions around the five social-emotional learning competencies.

<b>Self-Management</b>	<ul style="list-style-type: none"> <li>• Share personal goals for what you would like to accomplish today or tomorrow.</li> <li>• What would help you to stay motivated as you work toward your goal(s)?</li> <li>• Describe a challenge you faced recently. What did you do to resolve it?</li> <li>• How do you organize your tasks and responsibilities, such as school work, home life, chores, work? Is your system working? How can you make it better? DO you need help?</li> </ul>
<b>Self-Awareness</b>	<ul style="list-style-type: none"> <li>• Share aloud how you are feeling right now; name the emotion(s).</li> <li>• What is something that is easy for you? What is something that is challenging?</li> <li>• Think about how your emotions affect your behavior and share an example of an experience you have had recently.</li> <li>• What are your thoughts about [name a world, community, school, or family situation]?</li> </ul>
<b>Social Awareness</b>	<ul style="list-style-type: none"> <li>• What does empathy mean to you?</li> <li>• How do you demonstrate empathy for those around you? Share an example.</li> <li>• Share a time recently when your perspective on the situation was different from someone else's. What happened?</li> <li>• Are the expectations for you different in different places, such as at school, home, your job? How are they similar and different? Are some expectations harder to meet than others? Why?</li> </ul>
<b>Relationship Skills</b>	<ul style="list-style-type: none"> <li>• How do you like to communicate with others outside of your home? What is easy or difficult about communicating in these ways?</li> <li>• Share a recent example of a time you demonstrated cooperation with someone else in your home.</li> <li>• How do you communicate effectively and respectfully in a challenging situation?</li> <li>• Name some of the people whose relationships are important to you. How do these people help support you at home, school, other places?</li> </ul>
<b>Responsible Decision-Making</b>	<ul style="list-style-type: none"> <li>• Describe a problem you recently had. How did you solve it?</li> <li>• What are two questions you ask yourself that help you make a decision?</li> <li>• What steps can you take when confronted with a problem to ensure you make an ethical decision for solving it?</li> </ul>