



EXTENSION EXTRAS SOCIAL EMOTIONAL HEALTH ENRICHMENT KIT



Welcome to the Extension Extras Social Emotional Health Enrichment Kits!

Michigan State University Extension is excited to partner with your agency or group to create social-emotional learning kits for the families you serve.

The Extension Extras Social Emotional Health Enrichment Kit is focused on supporting the development of children's critical social and emotional skills such as emotional literacy, self-concept and self-control. MSU Extension has provided the following items as a digital resource for you to download and print.

- An introduction letter to families about the kit and the activities.
- Five social and emotional health focused children's activities.
- Supplemental materials that are needed for some kit activities.
- A supply list for all of the activities for your convenience as you assemble the kits.
- An evaluation link so families can share their experiences using the kits as well as their county of residence and zip code.

Your group or agency can print the handouts and materials from the provided digital packet and assemble the kits utilizing the supply list as a guide.



A decorative header at the top of the page features a repeating pattern of stylized hands in dark green and white against a light blue background. The hands are shown from the palm side, with fingers spread.

Social-Emotional Learning

Social-emotional learning is critical to a child's development. Skills such as naming feelings, coping with emotions, using self-control, and solving problems are all skills important to school and life success! The activities in this kit will each target a specific area of social and emotional development, providing information and practice in a fun and interactive way.

Literacy Development

Literacy development is a component of every learning experience with children. The Extension Extra activities have embedded literacy components. When parents have conversations with their child about the activities, read the books together, and extend the concepts beyond the activities to other parts of your day, they are providing children rich literacy experiences. Children will learn new vocabulary, concepts, have engaging and thoughtful conversations, and interact with various books and printed activities through completing the activities in this kit.

Evaluations

Evaluations are a critical component of our work at MSU Extension as we seek to determine whether our programs and resources are meeting the needs of families. We ask that each family who receives a kit please fill out an evaluation. The evaluation can be found at <https://bit.ly/2OK7R4u> or by scanning this QR code with a smart phone. The evaluation link is included in the welcome letter to parents.

Please contact Carrie Shrier (shrier@msu.edu) or Courtney Aldrich (aldric82@msu.edu) with any questions.



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