

# Social Emotional Learning at Home

DAY 10



[Click here to play video](#)

## Think:

What is an example of a conflict from the video?

When have you felt angry or frustrated over a conflict?

Why is using anger or frustration not the best choice?

What is a strategy for calming down?

Why should you not ignore every conflict?

## Activity:

Write about a time you had a conflict. What happened? How did you work to solve the problem? Would you do anything differently next time?

