



# 25 Social-Emotional Learning Activities

Think about a time you felt SAD. Share with an adult what would have helped you feel better.	Write 2-4 sentences and/or draw a picture about what being kind means.	Write a letter to someone to let them know you appreciate them.	What do you want to be when you grow up? Draw a picture of you doing that job. Ask a grown-up what they know about the job.	Helping others brings us joy. Pick a chore to help your family with.
Draw about a time you felt proud of yourself. Tell your family about it.	Have two of your toys act how to solve a problem in a safe, healthy way. Have them use "A Bug and a Wish"  It bugs me when __ I wish you would __.	Make a list of all of the feelings you can think of. Draw a face to go along with each feeling word.  What color do you think of when you hear that feeling?	Ask a family member to help you learn something about another culture.  Remember everyone is special!	Friendship: What does it mean to be a good friend?  Write/Draw 5 things you can do to be a good friend.
Play emotion charades (act out feelings) with a family member. What was your favorite feeling?	Set up a Calm Down spot where you can go if you feel upset.	Help another person in your family without being asked. How did that make you feel?	Write or draw about 3 things you can do to calm down when you are upset.	Mindful Jar: On strips of paper write 10 things you can do to calm down/make you happy. Put each one in a jar to choose from next time you are upset.
Power of YET: Write/draw about something you can't do YET, but want to get better at.	Go for a walk with a family member and quietly think of all the things you are THANKFUL for right now.	Do a feelings check-in with yourself. How do you feel? How do you know?	Practice listening and following directions by playing RED LIGHT, GREEN LIGHT with your family.	<i>Mindful moment:</i> Go outside and sit, close your eyes for 1 minute and focus on all the different sounds you hear. What did you hear? How do you feel?
Sit quietly for 5 minutes and think of a happy place. Tell or draw about it on the back.	Write or draw about your most happy memory.	Come up with something you can repeat to yourself that helps you feel good about yourself.	Either trace yourself outside using sidewalk chalk or draw a picture of you on paper. With the picture, label the parts of the body you use for WHOLE BODY LISTENING.	Make a poster to promote KINDNESS. Make a list of ways you can be kind to others.  *Bring your posters back to school to be hung up*