

# 25

AT HOME



# SOCIAL-EMOTIONAL LEARNING ACTIVITIES

<p>Practice your favorite breathing technique. Ex: Box Breathing (Breath in for 4 sec, Hold 4, Out 4, Hold 4. - repeat)</p>	<p>Make a list of all the feelings you can think of.</p>	<p>Play emotions charades. Can your family guess your emotions?</p>	<p>Write a letter to someone to let them know you appreciate them</p>	<p>What is respect? What does it look like? Make a list of 10 ways to show respect at school and home.</p>
<p>Helping others brings us joy. Pick a chore to help your family with.</p>	<p>Make a poster to promote KINDNESS. Make a list of ways you can be kind to others.</p>	<p>Make a list of things that bring your joy and make you happy.</p>	<p>Mindful Minute - 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?</p>	<p>Practice *Soup Breathing* Use hands to make *bowl* Smell the soup (in) and cool it off (out)</p>
<p>Make a list of things you can do when you are upset.</p>	<p>Read a book or have someone read to you. What feelings did you notice as you read/are read to?</p>	<p>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!</p>	<p>Grounding: Draw/Write 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste.</p>	<p>How are you feeling today? Write/draw/talk about the feelings you are feeling today.</p>
<p>Think of three things you can do to help someone out in your house today!</p>	<p>Mindful Jar: On strips of paper write 10 things you can do to calm down/make you happy. Tear them and put them in a jar to choose from next time you are upset.</p>	<p>Power of YET: Write/draw about something you can't do YET, but want to get better at.</p>	<p>Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw/Write things that make you feel these emotions.</p>	<p>Namaste - Find a soft spot and practice YOGA to calm your body. (Cosmic Kids on YouTube is great)</p>
<p>Draw an outline of your body when it feels angry. Mark the parts your body feel anger in red. Ex: fist clench, heart races)</p>	<p>Gratitude: Draw or Make a list of things that are important to you/thankful for.</p>	<p>I-Statements - Role Play &amp; Practice using I Statements *I feel _____ when you _____. Ex: *I feel <u>frustrated</u> when <u>you interrupt me.</u>* - *I feel <u>upset</u> when you <u>call me a name</u>*</p>	<p>Friendship: What does it mean to be a good friend? Write/draw 5 things you can do to be a good friend.</p>	<p>Draw/List 3 things you like about yourself and/or things you are good at. Write some kind words to yourself. This can be a letter, drawings of kind words, or positive statements. Say them out loud to yourself.</p>