






Educational Support Services

Social Emotional Learning May 2020

Social Emotional Learning helps student development by raising self-aware, respectful children, who know how to manage their emotions, make responsible decisions, and resolve conflicts non-violently.

Below are some strategies that to try each day to help improve these skills! Have fun 😊

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Play silly music and dance around your house. Act out the words and emotions.</p>	<p>5 Take time to explore deep breathing. Try long in and out breaths.</p> 	<p>6 Make a fort in your house (use blankets). Relax or read in your fort.</p>	<p>7 Write a letter to a favorite teacher. Share a memory that you enjoyed from their class.</p>	<p>8</p>  <p>Call a friend to get a recipe for their famous dish that you love!</p>
<p>11 Make a wish list of 3 things you want to do after quarantine. Reflect on why they are important.</p> 	<p>12 Give a massage to someone in your family (or family bubble).</p>	<p>13 Play charades. Include some actions to demonstrate emotions.</p>	<p>14 Read a book while sitting outside. Use a blanket if needed.</p> 	<p>15 Make a poster or collage about yourself. Include your favorite food, activities, etc.</p>
<p>18 Take a long bath or shower and use your favorite shampoo.</p>	<p>19 Discuss a time you were scared during quarantine. What could you do different next time?</p>	<p>20 Get outside and clean up around your house. Maybe rake or pick up leaves.</p>	<p>21 Make a card for a neighbor. Give 2 compliments.</p>	<p>22 Without asking, do an extra chore to surprise your parent.</p>
<p>25 Start a family tree. Use paper or an online site. Are you named after anyone?</p> 	<p>26 Call a relative to get more names and information for your family tree. Can they tell you a story about your ancestors?</p>	<p>27 Go for a walk with your family around your neighborhood.</p>	<p>28 Go for a walk and write positive messages with chalk on the road or at neighbor's houses.</p>	<p>29 Pick your favorite activity and do it again.</p>