

Social Emotional Learning Learning Opportunities

From Mrs. Franks

(Choose any activity you would like. Lesson and activities are not required.)

<p style="text-align: center;"><u>Kindness</u></p> <ol style="list-style-type: none"> 1. Watch the Kid President's 20 things we should say more often and then make your own list of 10 things you could say or do more often. 2. 3. Name something kind someone did for you. How did it make you feel? What is something kind you can do for someone else? 4. Help out by doing 3 extra chores around the house. 5. Make a list of 10 ways that you can show respect and kindness. 	<p style="text-align: center;"><u>Emotional Awareness</u></p> <ol style="list-style-type: none"> 1. Watch a movie/tv show and pick one character and find 4 different feelings that the character had. Draw a picture of those 4 emotions. 2. With a partner use your facial and body clues and see if they can guess which emotion you are showing. Take turns with your partner doing this! 3. When you have strong emotion write about how your body feels. 	<p style="text-align: center;"><u>Emotional Management</u></p> <ol style="list-style-type: none"> 1. Name the 3 steps to calm down. Say "____", Name your "____", Calm "____". Make your own calm down poster! 2. Practice the 3 ways to calm down for 1 minute. You can do belly breathing, count, or positive self-talk. 3. Make an anger shield and decorate it with 4 different things you can do to handle your anger. 	<p style="text-align: center;"><u>Mindfulness</u></p> <ol style="list-style-type: none"> 1. Go/look outside and find 5 things you can see, 4 things you can feel, 3 things you can smell, and 2 things you can hear. 2. Go to Mind Yeti and click on the YouTube link and do one of the videos.
<p style="text-align: center;"><u>Problem Solving</u></p> <ol style="list-style-type: none"> 1. Make a problem solving poster with our 4 problem solving STEPs. <ol style="list-style-type: none"> 1. Say the problem (without blame). 2. Think of solutions. (safe & respectful) 3. Explore the consequences (positives & negatives) 4. Pick the best solution (make a plan) 2. Think of a problem you have or have had and use the problem solving steps to help solve your problem. 3. Make a list of reasons why it is important to solve problems. REMEMBER in order to solve problems we need to be calm first! 	<p style="text-align: center;"><u>Career Awareness</u></p> <ol style="list-style-type: none"> 1. Interview your parent/grandparent/or another adult about their job. 2. Draw a picture of what you want to be when you grow up. 3. Go to Paws in Jobland and you can click on one of the following: <ol style="list-style-type: none"> 1. Job land- explore and learn about the 16 career clusters. 2. Job Finder: answer the questions about yourself and see what you get for a career. Does it match what you want to be? 3. Quiz- answer the questions and solve the picture puzzle at the end! 4. ABC search- if you know what you want to be click on the first letter of the job you want to learn more about that career. 	<p style="text-align: center;"><u>Self-Control</u></p> <ol style="list-style-type: none"> 1. Play a game of "My-turn" your "Your-turn" , Follow-Follow, or Simon Says with a sibling or adult. 2. Make a "tool box" of ways to reset or calm your body down when having a strong comfortable or uncomfortable feeling. 3. If you have used Zones of Regulation. Make a poster with two "tools" for each zone. <ol style="list-style-type: none"> 1. Blue- 2 tools to get your body moving and feeling better. 2. Green- 2 tools to keep you focused. 3. Yellow- 2 tools to help you reset for when you start to lose a little bit of control. 4. Red-2 tools for when your body is completely out of control. 	<p style="text-align: center;"><u>Gratitude</u></p> <ol style="list-style-type: none"> 1. Watch the Kid President's 25 reasons To Be Thankful and make a list of things that you are thankful for. 2. Keep a gratitude journal. Everyday name write about one things you were thankful for and why. If you write about a person you are thankful for, make sure to share that with them! 3. Write a thank you card to someone you know or someone in the community (nurse, doctor, etc.) that you are thankful for.

SOCIAL EMOTIONAL LEARNING

In classroom counseling elementary students use the Second Step curriculum. Second Step has shared multiple resources for families and students to use at home during this school closure. Click on secondstep.org/COVID19support

Here you will find:

1. **On demand Lessons**- these lessons focus on Second Step's *emotional management* curriculum.

2. **Free Second Step & Committee for Children Resources for Families & Educators to use during School Closure**
 - a. [Imagine Neighborhood](#)-a podcast for students & parents
 - b. [Mind Yeti](#)- has 15 free lessons on mindfulness
 - c. [Little Children, Big Challenges](#)- program from Committee for Children & Sesame Street used to help children be resilient towards challenges.
 - d. **SEL Posters**- downloadable posters that we use in classroom counseling
Plus much more!!!

3. **A free Second Step family account until June 30th**- families can create a free account with the listed activation code. Here kids can listen to the Second Step songs that they have loved listening to during classroom counseling!

SOCIAL SKILLS

If you would like activities/lessons to work on these skills with your student during this closure, you can email Mrs. Franks (Jamie.franks@k12.nd.us) and she will send you a link to the [Everyday Speech](#) materials that she uses with individual students. It has video tutorials, optional worksheets and games. Some materials are free to use, but with the link you can have access to all materials!