

Social-Emotional Learning Activities



**Developed by the SEL Committee at
James Monroe Upper School**

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Suggested Do-Now Activities

Teachers may choose and rotate among the following daily Do-Now activities or may opt to create their own. These Do-Now activities should be able to be completed within five minutes or so. This will give teachers time to take attendance.

Do Now Activity	Activity Location/Description
Feelings check-in form	https://media.centervention.com/pdf/Feelings-Check-In-Worksheet-Editable.pdf
Quote of the week/reflection questions	Ask students to reflect on the quote of the day for one minute each. Choose from a topic below: Empathy: https://www.centervention.com/empathy-quotes-for-understanding-and-inspiration/ Self-care: https://www.centervention.com/self-care-quotes-for-educators/ Confidence: https://www.centervention.com/confidence-quotes-for-motivation-and-improved-self-esteem/ Growth mindset: https://www.centervention.com/growth-mindset-quotes-to-change-attitudes-about-effort-versus-outcome/
Greeting activity	Each student greets each student in the room and acknowledges one another's presence. Teacher may suggest a formal or informal greeting, virtual "high five," or whatever greeting that shows respect and acknowledges the presence of another.

FAQ'S

Please refer to the following document for frequently asked questions that have arisen from Advisement Period Teachers.

Document:

https://docs.google.com/document/d/1m8vEqMdonzeyKUmiexoX4sNAI33_uyMaiMD59Kyrkk/edit

Main Activities

The Advisement Committee has put together a list of activities that will help guide your conversations during your Advisement Period. The purpose of this time is to provide social-emotional support for students. Please select from the list of activities below, and keep track of how many students complete each activity. Many of these activities may take more than one period to complete. At the end of the week, please tallie your student participation on the following spreadsheet document:

<https://docs.google.com/spreadsheets/d/1JZNWw0M8SgtBWbBH8F2rh9n-LIU-L3a7Wa9EhdOUk-c/edit#gid=0>

The Committee will then periodically select an Advisement class with a high level of participation to win a prize!

Name of Activity	Description	Materials
Would you Rather?	This is a set of discussion questions getting students to choose between two scenarios to promote deep thinking and social interaction.	https://media.centervention.com/pdf/Would-You-Rather-High.pdf
Anger Thermometer	This activity is literally a temperature check to get students to think about their emotional triggers and which strategies they can use to alleviate them.	https://media.centervention.com/pdf/Anger-Thermometer-Worksheet-Fillable.pdf
Gratitude Jar	This activity provides students with question starters and requires them to place a statement of gratitude in a jar. Students will need a jar to complete the activity.	https://media.centervention.com/pdf/Gratitude-Jar.pdf

Social-Emotional Journal	An on-going, long-term project aimed at getting students to write about their social-emotional well-being.	https://www.centervention.com/social-emotional-learning-journal/
The Worry Scale	What causes students stress? What can we do to help reduce it?	Teacher instructions: https://www.centervention.com/coping-worry-fear/ Digital worksheet: https://www.centervention.com/coping-worry-fear/
Vision Board	What are the student's goals, anticipation and hopefulness for their futures?	https://media.centervention.com/pdf/Vision-Board-younger-worksheet-interactive2.pdf
Setting Goals	Students are asked to list and describe future goals and the way in which they can achieve them.	https://media.centervention.com/pdf/Making-Your-Own-Luck-Worksheet-Younger.pdf
Dealing with Disappointment	Students analyze things that went wrong in their lives and what they can do to change it around.	https://media.centervention.com/pdf/Dealing-With-Disappointment-Worksheet2.pdf
Strategies for Minimizing Stress	Students think deeply about what is causing them stress and practical strategies they can use to help reduce it.	https://media.centervention.com/pdf/Breaking-Down-Thoughts.pdf
Moods are like a Chameleon!	Students read a short article and answer questions about their emotions.	https://media.centervention.com/pdf/6003-Identifying-Emotions-Activity-Chameleon-Moods.pdf
Belly Breathing	Students learn how to use deep breathing to manage stress.	https://www.centervention.com/bellybreathing-for-kids/

Meditation and Relaxation	Try watching these meditation videos to promote relaxation and stress relief.	https://www.youtube.com/watch?v=LapzI3cg9rY
Open mic session!	Just have students talk about whatever is on their minds.	No materials are needed.
Helping others	Students will analyze pictures of everyday situations and hypothesize how they would respond.	https://media.centervention.com/pdf/Helping-Others-Activity-To-the-Rescue.pdf
Bullying Lesson	Requires two apples for the demonstration and a little prep time.	https://www.centervention.com/bullying-lesson-apples/
Melt or Freeze	This activity is about impulse control.	Teacher background: https://www.centervention.com/impulse-control-lesson-melt-or-freeze/ Student activity: https://media.centervention.com/pdf/Melt-or-Freeze-Impulse-Control-Worksheet.pdf
Empathy Videos	This video explains the term empathy and is a great conversation starter.	https://www.youtube.com/watch?v=SxfUjTBBND4&feature=youtu.be

Black History Videos	These are great videos to show in February for Black History month.	http://blog.flocabulary.com/celebrate-black-history-month-with-flocabulary/?oc=BHM+20&utm_campaign=BHM+20&utm_medium=email&utm_source=pardot https://nearpod.com/t/F106787?oc=BHM+20&utm_campaign=BHM+20&utm_medium=email&utm_source=pardot https://www.flocabulary.com/unit/john-lewis/?oc=BHM+20&utm_campaign=BHM+20&utm_medium=email&utm_source=pardot
Black Lives Matter Lesson 1	Lead a discussion based on this video.	https://docs.google.com/forms/d/e/1FAIpQLSf7ApBWR5KxnLH9uKNmcaxDuMvh77nC-srlgeMLgLBLjjMBiw/viewform?usp=sf_link
Black Lives Matter Lesson 2	Lead a discussion based on this video.	https://docs.google.com/forms/d/14jkXHeFW2EuqUguXwr53Ti2EDSraGAXnPcQA7FCBOag/edit

The Blind Man and the Elephant	Pause the video at 3 min. Did the men all feel the same thing? Are any of the men right? Are any of them wrong? Why did they all feel different things? Finish the video. So all of the men were right based on what they felt. But they needed to put their ideas together to get the full story. What you see/hear/feel/do is called your <u>perspective</u>. We each have different perspectives. Think about if a new friend came to school and was feeling lonely. You might love going to school because you have lots of friends and you like your teachers, but the new friend might not like school because he doesn't know anyone yet and is feeling a little sad. You each feel differently about the same thing, and that is totally okay! But maybe we could try to help our new friend feel better. What could we do?	https://www.youtube.com/watch?v=Vn9BUfUCL4I&feature=youtu.be
Scattergories Game	Break the ice with this game.	https://swellgarfo.com/scattergories/

Encourage your students to put their cameras on!	Read these suggestions over with your students and see if you can come up with a contract for your group.	https://www.edutopia.org/article/strategies-encourage-students-turn-their-cameras?fbclid=IwAR1UWptKmUDDlgZkdPVP5rd8hQGo9Hdzrq-11wmmTkffB2Qazxj6Abd7hkw
Respect	Show this video on respect and have a discussion.	https://drive.google.com/drive/folders/1BR2mNkhwKHiJc6y59OFmn7L_iz-LAq7s?usp=sharing
The Race Myth article	NY Times article about how race is a socially-constructed idea and not biologically rooted.	https://www.nytimes.com/roomfordebate/2015/06/16/how-fluid-is-racial-identity/race-and-racial-identity-are-social-constructs
Do you have Implicit Bias?	Take a test to see if you have any implicit biases.	https://implicit.harvard.edu/implicit/takeatest.html
Cultural Competence Self-Assessment	See how aware you are of your culture as well as others through this interactive test.	https://www.unitedwaydm.org/hubfs/Cultural-competence-self%20assessment-checklist-1.pdf

Practicing Gratitude	Practicing gratitude is so good for you because: Changes the focus from wanting to having Lifts mood, creating inner peace and harmony Interrupts old, habitual negative thinking patterns Makes life become more meaningful	https://drive.google.com/drive/folders/1VWdJ4up77v1ogNzbvupgFuPRs1bTmqSu?usp=sharing
How can we all be Advocates for People of Color	Have a discussion based around this article.	https://www.forbes.com/sites/danabrownlee/2020/06/01/dear-white-people-here-are-10-actions-you-can-take-to-promote-racial-justice-in-the-workplace/?sh=105576c24a92

Develop your Power Pose!	<u><i>We are all heroes in our own way.</i></u> Sometimes it is... Helping a colleague to plan a lesson or cover a class Gathering needed items for a struggling family or donating to the local food bank Saying yes when it is much easier to say no or seeing a need and filling it without being asked Making sure your family still has a warm meal each night or providing some humor from the day's virtual antics Smiling at a stranger, giving your Aldi cart to someone (quarter included 😊), or even just getting up and ready every day!	Article: https://www.morningsidecenter.org/teachable-moment/lessons/sel-tip-strike-powerful-pose Online activity: https://spiderman.marvelhq.com/games/create-your-own-web-warrior
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Being Proactive/Healthy Habits	What does proactive mean? It means doing something before something does something to you. It's thinking ahead, rather than being reactive. 1. You watch the news with your family. You find out it's going to rain on Tuesday. Do you prepare? How? What would happen if you don't prepare? 2. You are invited to go to a friend's birthday party. How would you prepare? 3. You find out there are trials for the step-team on Friday. How would you prepare?	https://www.youtube.com/watch?v=-wKoYfdLX6I
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Being Proactive, Take 2	Part of being proactive is knowing what we are responsible for and what we are not. You do not decide what is for dinner or when you go to bed or the weather. But you can be in charge of getting your school work done and your attitude. Let's decide what are things that we are in charge of and what are not using this activity. Talk through activity as a class.	https://app.seesaw.me/pages/shared_activity?share_token=Zj3ITGX-QO-Foi0GCBRWvg&prompt_id=prompt.9ca44e0d-1446-4152-806d-575aa56353b0
How to be an Inventor by Kid President	Kid President reminds us that- "We all just do a little piece at a time. You put your little part on and I put my part on and then together we just build this up together."	https://www.youtube.com/watch?v=75okexRzWMk
The Purpose behind Failure	This video explains the purpose behind failure and that you should never give up!	https://www.youtube.com/watch?v=zLYECljmnQs
Pictionary	Use the white board function in Zoom to play a game of pictionary.	https://randomwordgenerator.com/pictionary.php

Black Lives Matter Lesson	Complete this activity on a google form.	https://docs.google.com/forms/d/e/1FAIpQLSf7ApBW_R5KxnLH9uKNmcaxDuMvh77nC-srlgeMLgLBLjiMBiw/viewform

Resources

General guidelines

- file:///C:/Users/2012683/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/O1SPZ990/Staff%20Bulletin%20December%202020.pdf

Bitmoji classroom for SEL

- <https://www.centervention.com/how-to-create-a-bitmoji-classroom-for-sel/>

References

- Centervention.com
- And a special thanks to all of our colleagues around the District who shared their SEL resources with Upper Monroe.