



MINNEAPOLIS
PUBLIC SCHOOLS
Urban Education. Global Citizens.

Social Emotional Learning Choice Menu (Grades 3rd - 5th)

Directions: Each day, *Start with number 5* and then make two other choices to make your tic-tac-toe!

① Be Grateful Watch these videos Grow Gratitude and Be Grateful Write: Make a list of 10 things you are grateful for. Include a person you know. Tell someone why they are on your list.	② Focus Feel more settled and calm by spending a few minutes focused on your breathing. Click here: Kids Meditations from Stop, Breathe & Think Use these 4 Breathing Cards to practice without the videos.	③ I Am Special - List all the ways that you are special. - List all the ways that someone else is special. Click Here: Peace Begins with Me.
④ Mindfulness Practice being mindful and letting your attention rest on just this moment. Click here to watch on Go Noodle: From Mindless to Mindful Click here to watch on YouTube: From Mindless to Mindful	⑤ ★ Breath & Movement Learn how to raise your energy and face your day with this empowering Rainbow Breath exercise. Click here to watch on Go Noodle: Rainbow Breath Click here to watch on YouTube: Rainbow Breath	⑥ Move the Body Use this energetic video from Go Noodle to move the body and Sprhttps://www.gonoodle.com/for-families/ead Love with Zumba Kids! Use this energetic video on YouTube to move the body and Spread Love with Zumba Kids!
⑦ Growth Mindset A growth mindset means we believe that our abilities and our intelligence can be improved upon with the right strategies and efforts. Click here to learn more!	⑧ Positive Thinking Think about something that is hard for you to do. Write about it or draw a picture. Then try using these Mindful Affirmations. How does the affirmation make you feel? Click here: I Can Do Hard Things	⑨ My Values Use the ideas on this link to make a list of your most important values and tell someone why they are important to you. Click here: My Values

Additional Printable Enrichment Resources

[3rd grade](#)

[4th grade](#)

[5th grade](#)