

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!



Be Grateful

Urban Education. Global Citizens.

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.



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.



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



Breath &

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



Zumba Kids!

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

Use this energetic video on YouTube to move the body and **Spread Love** with **Zumba** Kids!



Mindful

(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