

# SEL Activities: Remote Learning

Dear Parents and Students,

During our time away from school, it's important that we continue to think about our social and emotional wellbeing. The SEL activities that are listed below are quick and easy ways to strengthen our emotional identification and regulation, social awareness and relationship skills. Please feel free to contact me if you have any questions or concerns.

Kindly,  
Mr. Lee

Day	
1	<p><b><u>Gratitude:</u></b> Gratitude is an extremely powerful emotion because it outweighs negative emotions such as fear, anger and sadness. Research has shown that even spending five minutes feeling grateful will have a huge impact on personal happiness.</p> <p>Write down five things that you are grateful for and the reason that you are grateful for them. Think about people, experiences and your own personal qualities that you appreciate having as a part of your life. A sentence starter that may help would be "I feel grateful for _____ because _____."</p>
2	<p><b><u>Quick Response - Differences:</u></b> <i>In a notebook or journal, respond to the following questions:</i></p> <p>What are the biggest differences that you see between yourself and other kids at school? Do you enjoy spending time with people who are different than you, why or why not? Do you think that being different is a good thing? If so, how can you benefit from being different?</p>
3	<p><b><u>HOW does it feel?</u></b></p> <p>When we become emotional, our bodies often give us signals through sensations. Discuss or describe the way that different emotions feel inside your body. At school, when do you feel the following emotions: frustration, anger, sadness, joy, nervousness, stress? What sensations do you feel in your body when you experience each of those emotions?</p> <p><b><u>Chart It!</u></b></p> <p><i>What was the strongest emotion that you felt today? What sensations did you feel in your body when you experienced that emotion?</i></p> <p><i>Keep a list in a notebook or on chart paper of the strongest emotions that you feel over the next 2 weeks. After you've written down your strongest emotions</i></p>

	<p><i>each day over this time period, what patterns do you notice? Brainstorm some ideas for how you can add positive emotions to your day when it isn't going the way you want.</i></p>
4	<p><b>Emotion Word Scavenger Hunt</b> As you complete your independent reading, identify the emotions that the primary and secondary characters are experiencing. Create an emotion word bank by writing down the emotions that you find on an index card. Are there other ways to describe their feelings (ex. Happiness → Exuberance)?</p> <p><b>Discuss:</b> <i>What typically causes characters to feel the way they do? How do the characters in your independent reading book manage their feelings (what are their thoughts, actions, and words)?</i></p> <p><b><i>If you could give one of the characters in your book advice for better managing their feelings, what would you tell them?</i></b></p>
5	<p><b>Move Your Body:</b> You will complete a quick exercise sequence to get your body moving. Each exercise should be completed for 20 seconds.</p> <ul style="list-style-type: none"> <li>• Jog in place</li> <li>• Jumping jacks</li> <li>• Stretch to the floor (straight legs, reach down and touch toes)</li> <li>• Jog in place</li> <li>• Jumping jacks</li> <li>• Stretch to the sky (on tip toes)</li> </ul> <p><i>Notice the good feelings that you feel once you've completed the movements. Your mind and body need this.</i></p> <p><i>Repeat this sequence each hour or whenever you need a mental break from your studies.</i></p>
6	<p><b><u>Take a Breath:</u></b> We know that deep breathing is important for managing our emotions, elevating our mood, energizing our body and helping us to think clearly. As a 'brain break' from your studies, complete the following breathing exercise:</p> <p><b>3,3,6 Breath</b></p> <ol style="list-style-type: none"> <li>1. Sit up tall in your chair with your shoulders rolled back, feet down near the floor and eyes forward.</li> <li>2. Inhale through your nose for the duration of 3 seconds.</li> <li>3. Hold your breath for 3 seconds.</li> <li>4. Exhale slowly for the duration of 6 seconds through your mouth.</li> <li>5. Repeat this sequence 5-10 times.</li> </ol> <p><i>*It's important that your exhale is longer than your inhale, which helps to slow the heart rate and calm the body.</i></p>
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	<p>negative emotions such as fear, anger and sadness. Research has shown that even spending five minutes feeling grateful will have a huge impact on personal happiness.</p> <p>Write down five things that you are grateful for and the reason that you are grateful for them. Think about people, experiences and your own personal qualities that you appreciate having as a part of your life. A sentence starter that may help would be “ I feel grateful for _____ because _____.”</p>
8	<p><b>Quick Response - Friendship:</b> <i>In a notebook or journal, respond to the following questions:</i></p> <p>What qualities or traits do you think are most important when choosing friends? Why is it important to choose friendships carefully?</p> <p><b>Sometimes making friends or keeping friends can be difficult.</b> Why is friendship sometimes challenging?</p>
9	<p><b>HOW does it feel?</b> When we become emotional, our bodies often give us signals through sensations. Discuss or describe the way that different emotions feel inside your body. At school, when do you feel the following emotions: frustration, anger, sadness, joy, nervousness, stress? What sensations do you feel in your body when you experience each of those emotions?</p> <p><b><u>Chart It!</u></b> <i>What was the strongest emotion that you felt today? What sensations did you feel in your body when you experienced that emotion?</i></p> <p><i>Keep a list in a notebook or on chart paper of the strongest emotions that you feel over the next 2 weeks. After you’ve written down your strongest emotions each day over this time period, what patterns do you notice? Brainstorm some ideas for how you can add positive emotions to your day when it isn’t going the way you want.</i></p>
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14	<p><b><u>Quick Response - Mistakes:</u></b> <i>In a notebook or journal, respond to the following questions:</i></p> <p>When was a time that you made a mistake either at school or at home? Did you take responsibility for the mistake by being honest about it? What did you learn from the experience? If you could go back to the time when you made the mistake, what would you do differently?</p>
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20	<p><b><u>Quick Response - Pushing Through Struggle:</u></b> <i>In a notebook or journal, respond to the following questions:</i></p> <p>What is something at school that has been a struggle for you this year? What is the hardest part about it? What are some strategies or steps that you've tried to work through the struggle?</p> <p><b>Pushing through our struggles can make us stronger, but sometimes we need help from the adults in our life. There is always a caring adult at school or at home who can help you to push through your struggles and accomplish your goals.</b></p> <p>Who is an adult at school or home that might be able to help you with your struggle? Find the courage to talk with them or write them a letter to explain your challenges.</p>