

# More ideas for Social Emotional Learning at Home 3rd-5th!

Created by: Hilary Ramirez (School Counselor)  
and Megan Gross (SAI Teacher on Special Assignment)

# Activity 1

“The only way to have a friend is to be one.”- Ralph Waldo Emerson

\*What does the saying “I took the road less traveled mean?”

\*Think about...How often are you provided two paths of choices?

\*What are some of your goals for the future? What are the obstacles and different paths you might face when trying to reach your goal?

\*Who is someone you look up to and why?

**ACTIVITY IDEA:** Create a video, skit, dance video, comic strip etc. to inspire others!

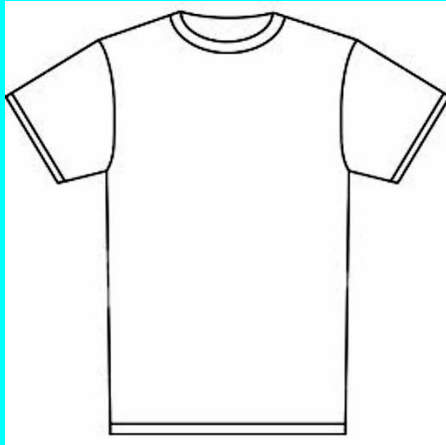
# Kid President



# Positive T Design

Activity: Create a T-Shirt design to show kindness, friendship, positivity, and/or acceptance!

Use your creativity!



# Activity 2

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” - **Dr. Seuss**

## Think about:

How do you make your mind stronger everyday?

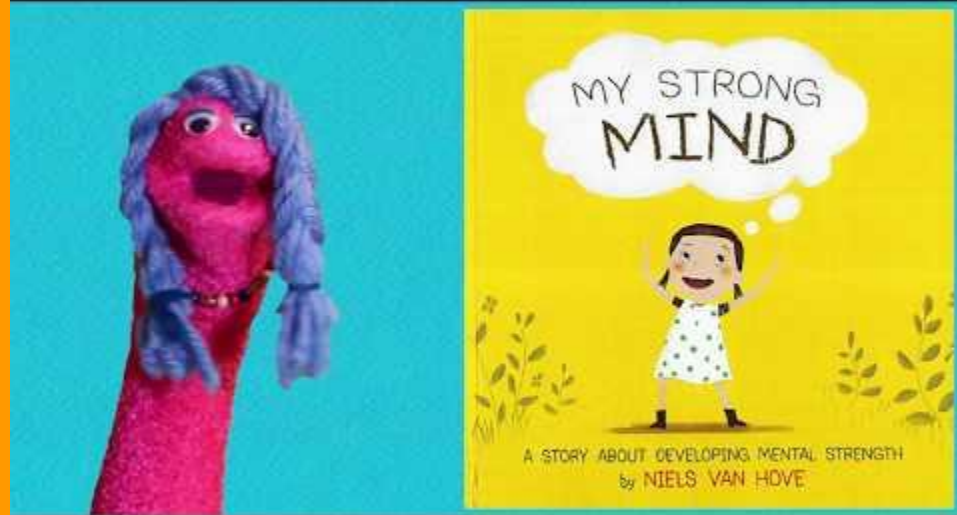
What is a challenge that you are going through right now?

Tell yourself 5 things that you love about yourself.  
(confidence in yourself helps build your mind stronger)

What are some things we can do at home to strengthen our mind and body?

# My Strong Mind

By: Niels Van Hove



# Activity 3

“You always pass failure on the way to success.” -Mickey Rooney

## FLOWER BREATH



Imagine that there is a beautiful flower in front of you. Look at all of the vibrant colors. Imagine how sweet the flower smells. Take a deep sniff of the flower. Let the air out of your mouth.

## BALLOON BREATH



Take a deep breath in and exhale through your mouth as if you are blowing up a balloon. Start to spread your hands out as if you are holding up the balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Raise your hands to the sky as you let the balloon go.

## CUPCAKE BREATH



It's your birthday! What type of icing and sprinkles would you like on your cupcake? Before you can take a bite, you will need to gently blow out the candle. Think of a positive wish. Breathe in through your nose and slowly breathe out. Blow out the candle and make your wish.

## OCEAN WAVES



Imagine that you are sitting in the sand on the beach. As you sit in peace, you watch the waves gently rise and fall. With each rising wave, breathe in the fresh salt air through your nose. With each falling wave, breathe out through your mouth.

## RAINBOW BREATH



Imagine a beautiful vibrant rainbow. Breathe in gently through your nose and out through your mouth imagining the color red. Breathe in again through your nose and out through your mouth imagining the color orange. Repeat this process for every color of the rainbow.

## STAR BREATH



Take a peaceful breath in through your nose as you trace your finger along one side of the star. Hold your breath briefly at a point and release as you guide your finger along the opposite side. Repeat this process until you have traced the entire star.

## BUZZING BUG BREATH



You are a buzzing bug! Spread your arms out like wings. Breathe in as you lift your arms up into the air. Hold for a brief moment. Let your arms gently fall down like flapping wings as you breathe out. On the out breath "buzz" for as long as you can.

## BEAR BREATH



Imagine that you are a sleeping bear hibernating for winter. You are warm, cozy, and at peace. Take a deep breath in like a snoozing bear. Release that breath out as you imagine yourself hibernating in your safe cave with your family.

## HEART BREATH



Place your hands over your heart and close your eyes. Think of a happy place and imagine that you are there. Feel your chest rise and fall with each inhale and exhale. Find your peace.

# Mindfulness Choice Board

Practice all of these Mindfulness breathing techniques:

- \*Which one did you feel the most calm with?
- \*When can you use these techniques at home and at school?

**ACTIVITY:** Teach someone in your house one of these techniques.

**ACTIVITY:** Create your own mindfulness breathing technique.

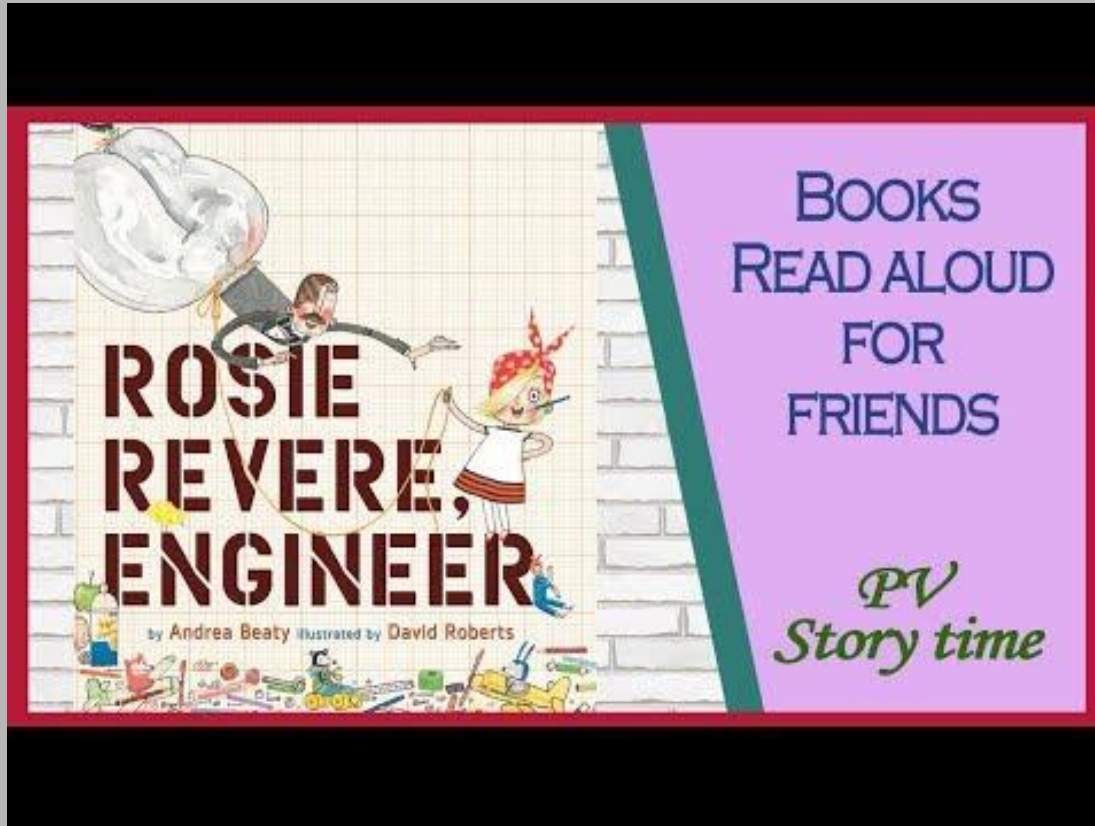


# Activity 4

“Do what you can, with what you have, where you are.” - Theodore Roosevelt

# Rosie Revere, Engineer

By: Andrea Beaty



# Being an Engineer



Now that you learned about Rosie Revere the Engineer how can you be an engineer/inventor at home:

## Things to think about:

- \*What is the name of your invention?
- \*What problem does your invention serve?
- \*What materials did you use to create your invention?
- \*How does your invention work?
- \*What is your favorite thing about your invention?

# LEGO Creations



Now that you learned about Rosie Revere the Engineer with LEGOs or Building materials:

- \*Create a playground structure.
- \*Create a new invention to help your family with chores.
- \*Build an animal habitat.
- \*Be creative and make something new.

# Activity 5

“We grow great by dreams.”-Woodrow Wilson

# Grumpy Monkey

By: Suzanne Lang

## Questions:

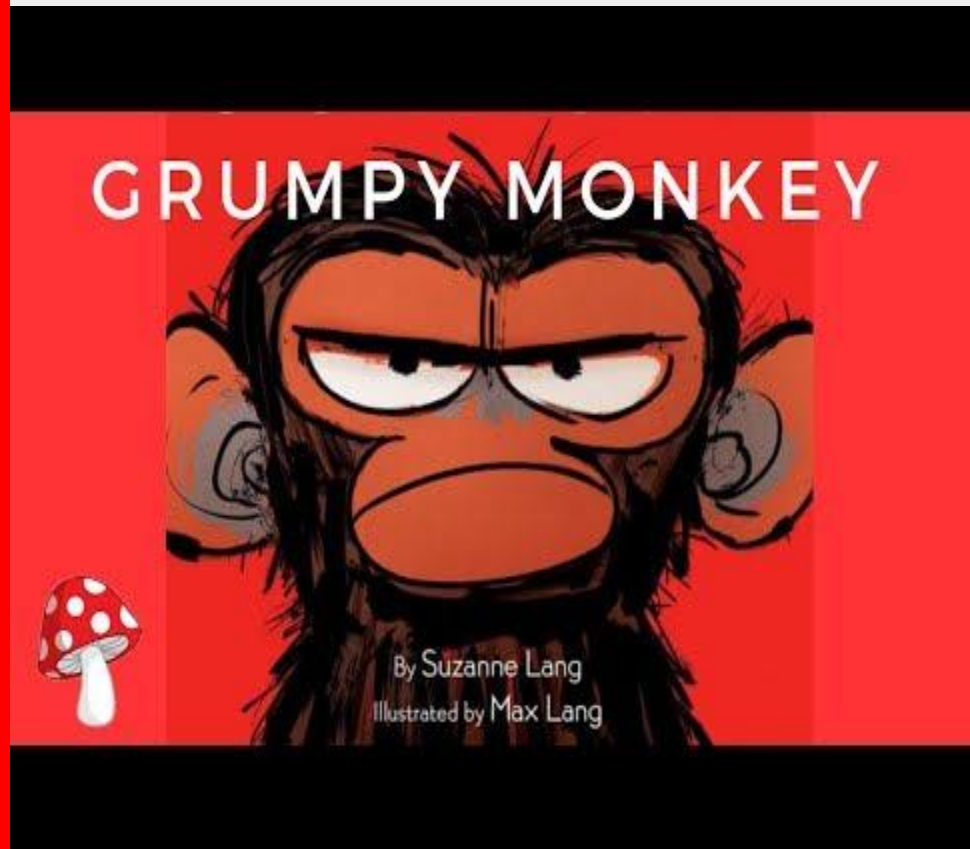
Did Jim know he was grumpy?

What does it mean that Jim didn't feel happy inside?

What did Jim do so he wouldn't look grumpy?

Did Jim like the singing birds?

What are some coping skills you can use if you are feeling grumpy?



# Activity 6

“Make each day your masterpiece.” - John Wooden

# What if Everybody Did That?

By: Colleen M. Madden

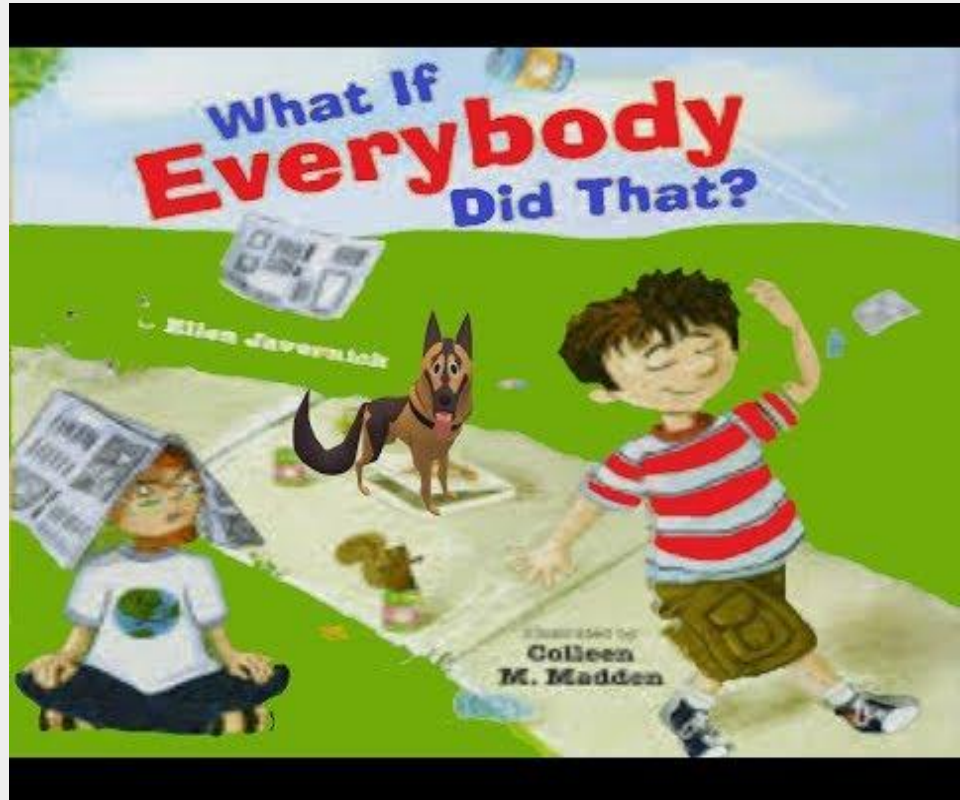
## Questions:

What if everybody broke the rules at school?

What if everybody didn't show kindness? What if everybody did?

What are ways that we can show kindness/community while learning from home?

**ACTIVITY:** Create a story that is similar to *What if Everybody did That*, but with showing kindness and positive choices.





# Activity 7

“No one is perfect - that’s why pencils have erasers.” - Wolfgang Riebe

## Think about:

\*What is something new you learned from this video?

\*Do you think animals experience emotions also?

\*What are the similarities and differences of Rhinos and humans?

\*What is your favorite animal and why?

\*How can animals help humans when we have strong emotions?

# San Diego Zoo Rhinos



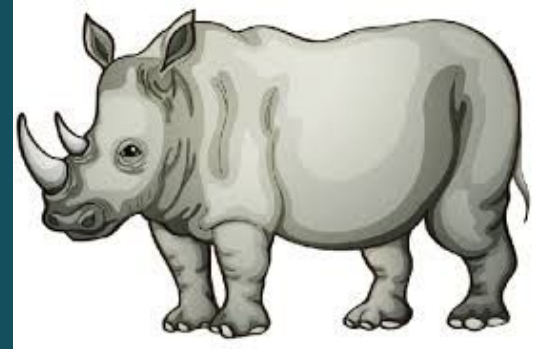
# how to draw

# rhinoceros



## Rhino Draw Along

Please remember this is a fun activity. Do your best and have fun.



# Activity 8

“We all can dance when we find music we love.” - **Giles Andreae**

# Happy

By: Pharrell  
Williams/Kids Bop



## Watch/Listen to this song

- \*What feeling do you feel when listening to this song?
- \*Did it make you want to dance or move?
- \*Why is happiness important for everyone?
- \*How can we tell/show people that we are happy?

**ACTIVITY:** Make a list of your favorite songs and next to it add the emotion you feel when you hear it!

# Activity 9

“Why fit in when you were born to stand out?” - Dr. Seuss

# Spaghetti In a Hot Dog Bun

By: Maria Dismondy



What is your favorite food?

Would you eat spaghetti in a hot dog bun?

**ACTIVITY:** As a household make a list of the foods that everyone likes on the left, and a list of the foods that we feel differently about on the right. Lets see which side has more!?

**ACTIVITY:** Draw a new cover of this book with YOUR favorite food in a hot dog bun. Then, share your picture with your family and ask what food they would bring to school in a hot dog bun!

# Activity 10

“It’s not what happens to you, but how you react to it that matters.” -  
Epictetus



When we are faced with problems we all respond differently. Some problems are expected (planned for) but others are unexpected (no time to plan).

What is a problem that you are facing currently that was expected?

What is a problem that you are facing currently that was unexpected?

What are your multiple options of solving the problem?

Think about what would happen for each of the solutions you wrote above?

In what ways can we help others when they are being faced with a problem?

# What to do with a Problem?

By: Kobi Yamada

