






# Educational Support Services

## Social Emotional Learning May 2020

Social Emotional Learning helps student development by raising self-aware, respectful children, who know how to manage their emotions, make responsible decisions, and resolve conflicts non-violently.

Below are some strategies that to try each day to help improve these skills! Have fun 😊

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b> Play silly music and dance around your house. Act out the words and emotions.</p>	<p><b>5</b> Take time to explore deep breathing. Try long in and out breaths.</p> 	<p><b>6</b> Make a fort in your house (use blankets). Relax or read in your fort.</p>	<p><b>7</b> Write a letter to a favorite teacher. Share a memory that you enjoyed from their class.</p>	<p><b>8</b></p>  <p>Call a friend to get a recipe for their famous dish that you love!</p>
<p><b>11</b> Make a wish list of 3 things you want to do after quarantine. Reflect on why they are important.</p> 	<p><b>12</b> Give a massage to someone in your family (or family bubble).</p>	<p><b>13</b> Play charades. Include some actions to demonstrate emotions.</p>	<p><b>14</b> Read a book while sitting outside. Use a blanket if needed.</p> 	<p><b>15</b> Make a poster or collage about yourself. Include your favorite food, activities, etc.</p>
<p><b>18</b> Take a long bath or shower and use your favorite shampoo.</p>	<p><b>19</b> Discuss a time you were scared during quarantine. What could you do different next time?</p>	<p><b>20</b> Get outside and clean up around your house. Maybe rake or pick up leaves.</p>	<p><b>21</b> Make a card for a neighbor. Give 2 compliments.</p>	<p><b>22</b> Without asking, do an extra chore to surprise your parent.</p>
<p><b>25</b> Start a family tree. Use paper or an online site. Are you named after anyone?</p> 	<p><b>26</b> Call a relative to get more names and information for your family tree. Can they tell you a story about your ancestors?</p>	<p><b>27</b> Go for a walk with your family around your neighborhood.</p>	<p><b>28</b> Go for a walk and write positive messages with chalk on the road or at neighbor's houses.</p>	<p><b>29</b> Pick your favorite activity and do it again.</p>