

School Counseling- Social Emotional Learning

Do at least one activity a day! Feel free to do them more than once!

<p style="text-align: center;">Empathy</p> <p>Write a letter to your teacher and ask them how they feel right now and tell them about how you feel. Call an elderly family member or friend and ask them how they are feeling. Tell them that you are thinking of them. Notice one of the many nice things your family does for you today. Write them a letter thanking them and telling them how it made you feel.</p>	<p style="text-align: center;">Gratitude</p> <p>List 5 things you are grateful for in the morning. List 5 more after lunch. List 5 more when you go to bed. Draw a picture of the thing that you are most thankful for at the end of the day. Morning 5: _____ Afternoon 5: _____ Evening 5: _____</p>	<p style="text-align: center;">Mindfulness</p> <p>Practice at least 1 mindfulness activity daily! Rocks and Socks- Close your eyes and tighten your hands as hard as rocks as you breathe in. Exhale and loosen your hands so they feel like limp socks. Repeat 5 times! Five Finger Breathing- Take one finger and gently trace the fingers on the other hand up and down. Inhale as you go up, exhale as you go down. Repeat!</p>
<p style="text-align: center;">Responsibility</p> <p>Make a NEW list of tasks that need to be done around the house. Pick 1 that you can take responsibility for. Sweeping the floor, vacuuming rugs, dusting furniture, wiping down windows... Have your parent sign off that you have taken this responsibility. Job _____ Number of times completed: _____</p>	<p style="text-align: center;">Self Esteem</p> <p>Make a list of 3 things you like about your appearance: _____ Make a list of 3 things that you have gotten better at: _____ List 3 ways you show kindness: _____ Write 3 NEW positive affirmations and post them by your door. Examples: I am unique. I am clever. I am loving.</p>	<p style="text-align: center;">Career</p> <p>Make a fact sheet about a career that interests you the most. Draw pictures to make it look more interesting! 😊 What is it you like most about this career? _____ Why would this be good for you? _____ What would a typical day look like in this job? _____ What is required or needed for this career? _____</p>
<p style="text-align: center;">Respect</p> <p>Show respect to your family! Remember: Say Please and Thank you. Follow Directions (the first time they are given). Do your work! Use Kind Words. Keep hands and feet to yourself. You will be spending more time at home than usual, show respect for your common living space by cleaning up.</p>	<p style="text-align: center;">Conflict Resolution</p> <p>Remember to ask yourself: Is this a small problem or a BIG problem? Write about or draw a picture of a time when you used a healthy strategy during a conflict (walk away, find a compromise, talk it out, take turns, say sorry). Did it help? How did the other person react?</p>	<p style="text-align: center;">KINDNESS</p> <p>Pick 1 kind activity to do daily: Write a note to your teacher. Offer to read a book to a younger sibling. Make a card to send a nursing home. Make a chalk message for your neighbors. Be creative! My own idea for showing kindness: _____</p>