

School Counseling- Social Emotional Learning

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

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| <p style="text-align: center;">Empathy</p> <p>Write a letter to your parent and ask them how they feel right now and tell them about how you feel. Write a poem about your feelings and share it with your teacher and counselor. 😊 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 about school. List 5 things you are grateful for with your family. List 5 things in nature that you are grateful for. School 5: _____ Family 5: _____ Nature 5: _____</p> | <p style="text-align: center;">Mindfulness</p> <p>Practice at least 1 mindfulness activity daily! Flower Breathing- With eyes closed, imagine smelling a beautiful flower. Breathing in slowly, fill your body with freshness. Breathing out slowly, notice how your body feels. Like a Mountain- Stand tall with your feet shoulder's width apart. Straighten your arms at your side. Imagine you are a mountain, strong and stable.</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. Cooking or preparing a meal, walking a pet, cleaning the bathroom counter... 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 are good at: _____ Make a list of 3 things that make you feel good about yourself: _____ List 3 ways you show kindness: _____ Write 3 positive affirmations for someone in your family and post on their door.</p> | <p style="text-align: center;">Career</p> <p>Make a poster about one of our many Essential Workers (doctors, nurses, paramedics, police, truck drivers, farmers, cashiers, delivery, so many more....) right now. What career interested you the most? _____ Why? _____ What do they do to help others? _____ Write a thank you to those workers on your picture.</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. Do something extra to help out at home. Make a chalk message for your neighbors. Be creative! My own idea for showing kindness: _____</p> |