

## **Elementary Social-Emotional Learning Ideas for the coming days- pick one from the list every 'school' day!**

- How 'LUCKY' are you?! Draw, list, or write at least 3 things you are grateful for! Share it with your family. Better yet everyone participates and everyone shares together!
- Pick a book or something to watch with your siblings/parents. Talk about what the character might be feeling and what kind of tools they can use to calm down.
- Write a note/letter or draw a picture for someone special and have a grown-up help you mail it to them.
- Think of 3 things you can do to help someone out in your house today!
  - Clean your room? Put laundry away? Play with a sibling? Feed your pet? Have a grown-up approve your plans! Thanks for being an amazing responsible helper at home!
- Tech-Free Day! Try to stay off technology as much as possible today (of course it is okay to use if it is part of your learning plans) See what fun things you can do inside or outside with your siblings/family tech free!
  - Ideas: Play emotion charades, have a dance party, play a board game, reading party, play Simon Says.
- What do you want to be when you grow up? Draw a picture of you doing that job. Ask a grown up what they know about that job. What did they want to be when they were your age? What do they do now? Feel free to draw more than one picture!
- Try some YOGA! All you need is a soft spot on the ground and a device to play yoga videos! Try GoNoodle, kids yoga through YouTube station of Cosmic Kids.
- Teach your family some calming/breathing techniques you have learned!
  - 'I can calm' by Dr. Baily on YouTube
  - 4-7-8 Breathing
  - Deep Muscle Relaxation
  - Instrumental music and quiet activity of choice (coloring/reading)
- Take a walk outside with your family/play in the back yard, be sure to get some fresh air!