

25 At-Home Social-Emotional Learning Activities

Practice your favorite breathing technique. EX: Box breathing (Breathe in for 4 sec, Hold 4, Out 4, Hold 4 - repeat)	Make a list of all the feelings you can think of.	Play emotions charades. Can your family guess your emotions?	Write a letter to someone to let them know you appreciate them.	What is respected? What does it look like? Make a list of 10 ways to show respect at school and home.
Helping others brings us joy. Pick a chore to help your family with.	Make a poster to promote KINDNESS. Make a list of ways you can be kind to others.	Make a list of things that bring you joy and make you happy.	Mindful Minute - Go outside and sit, close your eyes for 1 minute, and focus on all the different sounds you hear. What did you hear? How do you feel?	Practice "Soup Breathing" Use hands to make a "bowl." Smell the soup (in) and cool it off (out).
Make a list of things you can do when you are upset.	Read a book or have someone read to you. What feelings did you notice as you read/are read to?	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 the job!	Grounding: Draw/write 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste.	How are you feeling today? Write/draw/talk about the feelings you are feeling today.
Think of three things you can do to help someone out in your house today?	Mindful Jar: On strips of paper, write 10 things you can do to calm down/make you happy. Tear them and put them in a jar to choose from next time you are upset.	Power of YET: Write/draw about something you can not do YET, but want to get better at.	Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw/write things that make you feel these emotions.	Namaste - Find a soft spot and practice YOGA to calm your body (Cosmic Kids on YouTube is great!)
Draw an outline of your body when it feels angry. Mark the parts your body feels anger in red EX: fists clinch, heart races)	Gratitude: Draw or Make a list of things that are important to you/thankful for.	I-Statements - Role Play & Practice using I Statements "I feel ___ when you ___" EX: I feel <u>frustrated</u> when you <u>interrupt me.</u> "I feel <u>upset</u> when you <u>call me a name.</u> "	Friendship: What does it mean to be a good friend? Write/Draw 5 things you can do to be a good friend.	Draw/List 3 things you like about yourself and/or things you are good at. Write some kind words to yourself. This can be a letter, drawings of kind words, or positive statements. Say them out loud to yourself.