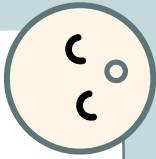


# Social-Emotional Learning Activity Menu

<p><b>Monday</b> Self-Awareness</p>	<p><b>Tuesday</b> Self-Management</p>	<p><b>Wednesday</b> Social-Awareness</p>	<p><b>Thursday</b> Relationship Skills</p>	<p><b>Friday</b> Responsible Decision-Making</p>
<p>How does your body feel when you have strong emotions? How do you feel when you're scared, mad, or excited?</p>	<p>What is a routine? Why are routines important?</p>	<p>How can you show kindness to your family?</p>	<p>What makes someone a good listener?</p>	<p>Why is it important to follow directions? How can you remind yourself to follow directions?</p>
<p>Pick an emotion and draw a picture of your body. Where do you feel that emotion?</p>	<p>Write out a morning routine of 5 things you should do every morning. Can you stick to it for a week?</p>	<p>Make a list of things you can do to be kind at home. Try to do one thing at least once a week!</p>	<p>Think of 3 questions to ask a friend. Ask them and try to write or draw out what they said.</p>	<p>Write a letter to yourself and explain why it's important to follow directions from an adult.</p>



Discussion

Activity