

ACTIVITIES FOR SOCIAL EMOTIONAL HOME LEARNING

Try and do at least one activity from each column this week

THIS WEEK WE ARE WORKING ON ~PERSONAL AWARENESS & RESPONSIBILITY~

Self-regulation	Family well-being	Individual well-being	Self-determination
<p><u>Movement Break:</u> Dance: beginners tutorial <u>Dance: "The Git Up" Blanco Brown</u> Click here for the link</p>	<p>Physical Activity Participate in daily regular physical activities as a family. Check out this link for fun ideas from Participaction: Facebook.com/pg/ParticipACTION/videos/</p>	<p>Family fitness challenge! 1. Decide on a goal for each day 2. Hold each other accountable 3. Choose a reward Click here for ideas</p>	<p>Growth Mindset Poster This poster was designed to remind learners of different ways they can cultivate grit, have an internal locus of control, and be resilient in the face of challenges. Use the poster above for ideas to complete the following fortune teller activity. Growth Mindset Fortune Tellers Game</p>
<p>Brain Gym: <u>Cross over:</u> 1) start with standing, legs straight in a wide V position, arms in the air, also in a wide V position. 2) Stretch over right arm to left leg reaching toward the ankle, stretch back to starting position. 3) Alternate sides</p>	<p>Social Connections Teach children a non-tekky way to connect. Make and send letters, funny postcards, care packages, homemade crafts, etc. by mail. It is exciting to wait and hear how the recipients liked the surprises.</p>	<p>Learn a skill that will serve you for a lifetime! Learn to mend a hole and extend the lifespan of your favourite clothing item. Ask a parent or click here for instructions</p>	<p>SEL Choice Board: Growth Mindset Learners can have freedom as to what activities they would like to try to continue to develop their social-emotional learning.</p>
<p><u>Game: Cards</u></p>	<p>Learn Together</p>	<p>Kindness/Gratitude</p>	<p>Flexible vs rock thinking. Find objects that are</p>

<p>Card games: Crazy eights Learn how here</p>	<p>Discuss as a family what you'd all like to learn (knitting, art, about other countries or cultures, languages, bird identification?). Find a way to learn it together. Link here for a few ideas. As they share, make an enthusiastic comment like, "you must be excited about that!"</p>	<p>Collect and paint a rock and leave a word or message to lift someone's spirits. Place it somewhere on a path for all to see. Inspiration link here</p>	<p>flexible and some that are inflexible (rock hard). Our thinking can be flexible or rock hard. It can think of different solutions or get stuck on one idea. Think of a way you could be a flexible thinker today.</p>
<p><u>Body Awareness:</u> Progressive Body Relaxation Follow along using these instructions Link</p>	<p><u>Healthy Sleep Habits</u> Good sleep is more important than ever now. Work out a family sleep routine and follow it every day. End the day with an hour of total family calming activities that do not use screen time. Link here for more</p>	<p><u>Self-care</u> Create your personalized self-care Bingo card to enjoy for the whole family. See your free Self-care Bingo template here</p>	<p><u>Brain break challenge</u> Write signature on an imaginary table while rotating your foot in a circle clockwise.</p>