

ACTIVITIES FOR SOCIAL EMOTIONAL HOME LEARNING

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

THIS WEEK WE ARE WORKING ON

~POSITIVE, PERSONAL & CULTURAL IDENTITY~

Understanding Relationships & Culture	Understanding Personal Values & Choices	Identifying Personal Strengths & Abilities	Using strengths and abilities in families, relationships, and communities
Using a printable World Map , connect Vancouver Island to every country in the world that your family is connected to (either through travel or ancestry)	About me Design an about me page/book. What are 3 values that make you a good: Friend Son/daughter Person	Strengths Shield: Draw, write about or collage your "powers" inside the Strength Shield Template or on a blank piece of paper.	Read aloud story: Chrysanthemum by Kevin Henkes HERE Ask your parents how you got your name? Tell a story about how your name was given to you to 3 other people.
Take a Virtual Tour and explore the many wonders of the world Here	Choices, Choices You have just won a million dollars. Make a collage of how you would spend it and why. Include what the results of these choices would be.	Strengths Cards: -which of these card(s) are most like you? -When is a time you used this strength? -which card(s) would your family say best represents you?	Cultural meal recipe Find out some of your family's traditional recipes. Pick one and help make and serve this meal to your family.
Photo Comparison Find photos of you as a baby, toddler, youngster, and now! How are you the same & different? Draw yourself in 5 years. How might you be the same & different?	VALUES AND PERSERVERANCE Plant something. Growing even a single flower can demonstrate how perseverance pays off—but it's more fun to nurture a small garden instead.	Compliment Myself - Write ten compliments to yourself. Eg I am smart, I think outside the box, I love to play outside, I have good manners. Share them with a family member	Ted Talks: Chimanda Ngozi The Dangers of a Single Story (upper intermed) View Here Respond to her talk: What are the dangers of having a single way of looking at people and ourselves. Use dance, writing, video, art

<p>Journal Prompt Check out some of these Cultural Appreciation journal prompt ideas. Choose one & write about it!</p>	<p>Start a scrapbook Study the people in the photos. Talk about what kind of mood they're in, judging by their expressions and body language. Rip out the pages and let your child help put them in a binder, or cut out the faces and paste them in a scrapbook.</p>	<p>A Letter About Yourself - Write a letter describing your future self in 5 (or any amount) of years. Some ideas - What will you be doing? What will you look like? What sports or hobbies might you have? Draw a picture to go with the letter.</p>	<p><u>Family Tree</u> Draw a tree with a branch for each person in your family, include grandparents on a big piece of paper. On each branch print a name. Under these names answer the following questions: what country were you born in, languages you speak, favourite holiday, meal, song? etc. Hang it up for all to see!</p>
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