

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
Talk about a character in your favourite story or movie. Tell about the feelings, thoughts or perspective of the character.	230 Discussion Starters for family discussions Start a family dinner time routine to enrich your family's awareness of values in your home	SEL CHOICE BOARD: Strengths & Challenges	Make a video or youtube of how COVID 19 has affected you and add fun ideas for staying calm and healthy.
Define and discuss the word "empathy". In what situations do you feel empathy for others?	Be a Pal Put everybody's name into a hat at breakfast, then have each person take a turn drawing from it. For the rest of the day, instruct each person to look for nice things to do on the sly for his buddy	Strength Talk Conversation Starters	<u>Collage of strengths and abilities</u> Get a large piece of paper, magazines, glue, scissors, pictures, magazines, pencils, etc. Draw and glue on pictures that tell things about you!
Discuss the expectations and demands of different settings, e.g., how we dress and behave	Sorting Make a List of possible values & cut them up. Find 3 bowls & label: yes, no,	Self concept and Self esteem - do activity one Link Here	<u>Who am I?</u> Go out into nature, find objects that represent who you are or take pictures.

<p>for school, places of worship, formal ceremonies, hanging out with friends.</p>	<p>maybe. Take each word, define it, then ask "is this important to me?" Sort into bowls.</p>		<p>Bring them home and share why you feel and think these objects are like you! (solid like a rock, etc.) Draw, write, sing, or dance about your thoughts and feelings.</p>
<p>Video: Watch this video about cultures: Link here How would you describe your culture? Do you share things with other cultures?</p>	<p>Video Make a video of your answer to this prompt: What advice do you have on how to make good decisions? Watch Kid President's Choice Video to get ideas.</p>	<p>What Sets You Off? Consider patterns in the way you respond to situations that make you upset Link Here</p>	<p><u>INTERVIEW A GRANDPERSON</u> <u>Example questions:</u> where were they born, places they lived, siblings, pets, hobbies, favourite foods, songs, books, etc? With permission record and or write a story to share with family.</p>