

# 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><b>Breathe:</b> relax stomach, breathe in through the nose, 1,2,3,4... slowly all the way out through the mouth 1,2,3,4,5... (calms nervous system)</p> <p><b>Book:</b> Breathe Like a Bear by Kira Willey</p>	<p>Look up a recipe together. Cooking Class, 57 Fun Recipes Kids Will Love to Make. (on line) Eat dinner together with no devices at the table. Clean up as a family and build memories.</p>	<p>Go on a Cosmic Kids Yoga Adventure!</p> <p><a href="#">Click here</a></p>	<p><a href="#">My Superpowers</a></p> <p>Choose 3-5 superpower character traits that best represent you. Colour and cut out your traits and glue them to your cape.</p>
<p><b>Awareness</b></p> <p>Stop and be aware of your senses</p> <p>5 things you can see 4 things you can hear 3 things you can smell 2 things you can feel 1 thing you can taste.</p> <p>Mix them up</p>	<p>Family Circle</p> <p>Make cards and ask each other how can I be more loving? What do you need from me?</p>	<p>Make a DIY stress ball</p> <p><a href="#">Instructions</a></p> <p>Ingredients: Balloon Cornstarch Water</p>	<p><a href="#">Superhero Yoga Sequence</a></p> <p>Try out this superhero yoga sequence with your whole family.</p>
<p><b>Movement breaks inside and out!</b></p> <p>(co-regulation, impulse control, following rules)</p> <p>Hop Scotch</p> <p><a href="#">Click here for a demo</a></p>	<p>Meditation walk around the yard paying attention to smells, sounds and sights. Count number of robins in your yard and listen for how many "pitches" they sing.</p>	<p>Make a Gratitude Jar</p> <p>Step 1: Find a jar or box Step 2: Decorate! Step 3: Write/draw 3 things you are grateful for each day on paper slip Step 4: Share</p>	<p>Explaining Social Distancing to Children/Meet the Helpers</p> <p><a href="#">Click here</a></p>

<p><b>Drink cold glasses of water throughout the day</b> (helps calm the nervous system and avoid dehydration)</p>	<p>Evening check out. What went well today? What were you grateful for? Think about something positive you can do for a family member the following day. Keep it a secret.</p>	<p>Draw/Create your morning routine for the week, check it off as you complete each job Good job you! See example <a href="#">here</a></p>	<p><b>Brain Break Challenge</b> Hold your nose, reach over &amp; under, grab ear with the other hand, switch. Repeat – how fast can you do it, how many times in a row?</p>
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Week 1: Primary