

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
<p>Feelings Charades: Make facial expressions and guess to identify how others feel.</p>	<p>Personal Values Pinwheel- Using these construction tips here, celebrate your family values by labeling each corner of the pinwheel before assembling.</p>	<p>Be Who You Are Read Aloud by Todd Parr Celebrate whatever makes you unique!</p>	<p>What are my Strengths Make a check list of your strengths and put it up on the fridge. Put a check mark beside it every time you use this strength.</p>
<p>Family game: Demonstration of same/different feelings (e.g., those who like swimming stand on one side, of the room, those who don't like swimming stand on the other side).</p>	<p>Sign up for a free on-line Social Emotional Learning program through Shaw cable. Students learn how to manage their emotions, practice self-awareness and the keys to maintaining healthy relationships</p>	<p>Giraffes Can't Dance Read Aloud Kids will love this reminder to embrace who they are and look for their unique place in the world.</p> <p>Growth Mindset Activity Sheet</p>	<p>Build the strengths chain with your child. Working together will help both of you see your child's strengths and how they link together. Check it out</p>
<p>Book Read-Aloud. Watch Everybody Cooks Rice, by Nora Dooley Here. What is similar to your</p>	<p>Visualization Find a comfortable spot & close your eyes. Imagine you are doing your</p>	<p>Show and Tell – give your child a weekly time to share something important to them.</p>	<p>What is my superpower? Create your own super-hero, with</p>

<p>family, and what is different? Then cook one of the recipes.</p>	<p>favorite things in your favorite place with favorite people. Draw what you imagined.</p>	<p>Eg telling about a new insect they found. This helps them develop a stronger sense of what they are most interested in.</p>	<p>your own super-powers. Draw what this person would look like and how his super strengths would work.</p>
<p>Read Aloud- Empathy: Watch this Video of the book "One" by Kathryn Otoshi. Link here. How do these colors feel? Have you ever felt this way?</p>	<p>Video Make a video of your answer to this prompt: How do you make good decisions? Watch Kid President's Choice Video to get ideas.</p>	<p>A Skeleton of my Former Self – Make a Before and Now Chart – add to it as you see your child do things they couldn't do before. Eg my mom used to have to wake me up, now I get up and get dressed on my own. I used to always want to get my own way, now I am patient. I used to have to be first, now I wait my turn.</p>	<p>FAMILY TREE A family tree is a picture showing how people in a family are related. Color your family tree and write in the names of its members. Draw or put photos of each person in the ovals. Include neighbors, family friends — even teachers — as smaller branches or leaves shown below.</p>