

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 |
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| <p>Breathe: 5 fun breathing activities</p> <p>Check it out here</p> | <p>Physical Activity Participate in daily regular physical activities as a family. Check out this link for fun ideas from Participaction:</p> | <p>Physical</p> <p>Help channel your emotions by dancing and singing along to interactive kids songs like the ones found Here</p> | <p>Top 70 Growth Mindset Television Shows</p> <p>Growth mindset lessons and ideas can be learned in a variety of ways—books, podcasts, activities, and even television shows!</p> |
| <p>Awareness I spy: 5 blue things 4 red things 3 yellow things 2 green things 1 orange thing</p> <p>Mix them up</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>Craft: Worry sculptures</p> <p>Mix 1c salt, 4c flour & 1.5c water. Mix & feel sensations. Mold into a personification of worry (ex. Snake). Parents bake .5-1hr @ 325. Paint when cool. Recipe Here</p> | <p>Growth Mindset Colouring Book</p> <p>Unleash the therapeutic benefits of coloring for mindfulness! Colouring helps people of all ages to de-stress and spark creativity.</p> |
| <p>Body Break Make up a new dance move, or try an old one. Teach someone how to do the floss.</p> | <p>Learn Together 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</p> | <p>Kindness/Gratitude</p> <p>Create a family kindness jar: together write down acts of kindness, place in a jar & take turns pulling them out & doing the kindness acts! Check here for examples</p> | <p>Brain break challenge Blink left eye while simultaneously snapping fingers with right hand. Blink right eye while snapping fingers with left hand. How many in a row?</p> |

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| <p>Brain break</p> <p>Doodle or draw or paint or write a story about what is happening in your brain at that moment.</p> | <p>Healthy Sleep Habits</p> <p>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.</p> <p>Link here for more</p> | <p>Self-Care</p> <p>What feels safe to you? What brightness, temperatures, textures, colors, sizes, sounds, locations...? Build your own safe space. This might be a fort or a miniature. Get creative!</p> | <p>Create a Worry Box.</p> <p>Draw worries and place them in the box anytime they are stressed. This is a great conversation starter that helps you know what your child is concerned about so you can support them. Talking to a trusted adult helps them process anxiety and stress in a healthy way.</p> |
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