Social Emotional Learning Activity Calendar

Week 1

Jan. 10 – 14, 2022

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|  | **Monday****Self-Awareness** | **Tuesday****Self-Management** | **Wednesday****Social-Awareness** | **Thursday****Relationship Skills** | **Friday****Decision Making** |
| **Discussion Question** | How does your body feel when you have strong emotions? For example, how does your body feel when you are really scared, excited, or mad? | What is a routine? Why are routines important? | How can you show kindness to your family? | What makes someone a good listener? | Why is it important to follow directions from adults? How can you remind yourself to follow directions, even if you’d rather be doing something else? |
| **Activity** | Pick an emotion and draw a picture of your body. Label where you notice that feeling in your body. Example: When I’m scared my palms feel sweaty. When I’m angry my face gets hot. | Write out a morning routine with at least 5 activities that you should do when you fi­rst wake up. Post it by your bed and try to stick to it every day for 1 week. | Make a list of things you can do to be kind at home. Try to complete at least 1 activity each day for one week. | Think of 3 questions to ask a friend. Call that person and ask your questions. Listen very carefully while they speak and then try to write or draw as much as you can remember. | Write a letter to yourself and explain why it’s always important to follow directions from grown-ups who care about you. |