Social Emotional Learning Activity Calendar

Week 2

Jan. 17 – 21, 2022

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|  | **Monday**  **Self-Awareness** | **Tuesday**  **Self-Management** | **Wednesday**  **Social-Awareness** | **Thursday**  **Relationship Skills** | **Friday**  **Decision Making** |
| **Discussion Question** | How are you feeling today? Feelings change all the time and that’s normal, what causes your feelings to change from day to day? | How can you tell if a problem is big or small? How can you tell if you need help or if you can solve the problem on your own? How can you tell if the problem is small enough to just let it go? | What is empathy? Why is it important to think about other people’s feelings? | How do you show people that you are thankful for them? | How can you tell if something you want to do is safe? |
| **Activity** | Keep a journal about your feelings. Each day write or draw about how you were feeling and why. | Make a list of problems that an adult should help with, problems you can solve on your own and problems you can let go. | Think about your favorite character from a book, movie, or tv show. Write or draw a letter to yourself pretending you are that character. In the letter, explain what you have experienced and how it felt | Tell three family members why you appreciate and love them. | Make a list of activities that are safe and not safe to do alone. |