Social Emotional Learning Activity Calendar

Week 3

Jan. 24 – 28, 2022

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|  | **Monday**  **Self-Awareness** | **Tuesday**  **Self-Management** | **Wednesday**  **Social-Awareness** | **Thursday**  **Relationship Skills** | **Friday**  **Decision Making** |
| **Discussion Question** | Think of something that you did last week that you were really proud of. What was it? Why were you so proud of yourself? | What happens when you get really mad? Do you sometimes have tantrums? Are those helpful? What could you do instead? | What should you do with toys and clothes that you don’t use anymore? Would someone else like to use them? | How do you tell people that they have upset you? What should you say and not say? | What does responsibility look like at home? |
| **Activity** | Keep a Daily “Proud Of” journal. Each day, think of something you did that you are really proud of yourself for. It can be something big or something small. | Think about the last time you got really mad or had a tantrum. What made you so mad? What did you do? What will you do the next time the same thing happens? | Go through your old toys and clothes. Choose a few things that don’t fi­t and toys you don’t play with anymore. Put them in a box and donate them. | Make a list of helpful things to say to let someone know they have upset you or hurt your feelings. Make another list of things that would not be helpful to say. | Make a list of things you can do to be responsible and help your family around the house. |