






# Educational Support Services

## Social Emotional Learning June 2020

Social Emotional Learning helps student development by raising self-aware, respectful children, who know how to manage their emotions, make responsible decisions, and resolve conflicts non-violently.

Below are some strategies to try each day to help improve these skills! Have fun 😊

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Look in the mirror and say three nice things about yourself.</p> 	<p><b>2</b> Make a list of three neighbors who do not get visitors. Make them a card, and put it in their mailbox.</p>	<p><b>3</b> Ask a family or friend what their biggest strength is.</p>	<p><b>4</b> Take some time to think about each phase we have had in New Brunswick. How did you feel when it was announced you could have a bubble family?</p>	<p><b>5</b></p>  <p>Call a friend or relative that has a birthday in June. For extra fun, sing them Happy Birthday!</p>
<p><b>8</b> Make a wish list of 3 places you want to visit in New Brunswick. For more ideas, go to <a href="http://tourismnewbrunswick.ca">tourismnewbrunswick.ca</a></p> 	<p><b>9</b> Try Mindfulness for 5 minutes. Try to find a calm place to sit and relax. What are 3 smells you can smell while doing this?</p>	<p><b>10</b> Have a virtual playdate with a friend. Discuss a funny memory with your friend.</p>	<p><b>11</b> Look up at the sky and watch the clouds. Do you see any animals or pictures?</p> 	<p><b>12</b> Make a vision board about yourself. Find pictures that help describe what you want in your future.</p>
<p><b>15</b> Talk to your parents or friends about Prom. What is it? Do your parents have any pictures from their prom?</p>	<p><b>16</b> Discuss the first time you wore a facemask. How did you feel?</p> 	<p><b>17</b> Go for a drive to look at graduation signs. Do you know any of the graduates?</p>	<p><b>18</b> Make a card for your teacher to say thank you for the school year.</p>	<p><b>19</b> Surprise your parent and clean your room. If you have time, do a bathroom too!</p>
<p><b>22</b> Call someone from your bubble and go for a walk.</p>	<p><b>23</b> Pick your favorite activity and do it again.</p>	<p><b>24</b> Think of a place you would like to visit outside of New Brunswick, look online to find a virtual tour.</p>	<p><b>25</b> Find a place in your neighborhood with litter. Get a garbage bag and go pick up some of the garbage.</p>	<p><b>26</b> Get some chalk and write a message on the road to tell people to have a great summer.</p>
<p><b>29</b> Write a list of five reasons you love Canada.</p>	<p><b>30</b> Draw a Canada Flag and put it in a window.</p>			