

Social Emotional Learning April 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 peacefully.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Have a karaoke night. Children can sing their favorite songs. Give compliments for each person's attempts, and take turns singing and	7 Ask someone how their day was, and what they are hoping will be different	Wednesday 8 Practice mindfulness for at least 5 minutes.	9 Take turns humming	10 Call a relative to get a
being the camera- person.				
13 Share your most embarrassing	14 Use some chalk or tape to create happy	15 Play charades. Include some	16 Read a book while sitting in the sun.	17 Make a thermometer, with
moments, wishes, and/or dreams	messages on your driveway!	actions to demonstrate emotions.	Steing in the sum	the bottom as a starfish and top as a tornado, use it to show your feelings each day.
20	21	22	23	24
Take a long bath or shower and use your favorite shampoo.	were mad this week.	Organize a closet and make a bag of items to donate to others.	Make a card for someone in your family. Give 2 compliments.	Ask a parent what extra chore you could do that would help them today.
27	28	29	30	
Look through a photo album from when you were young.	in the photo album	Go for a walk with your family around your neighborhood.	Pick your favourite activity and do it again.	
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For additional ways to support Social Emotional Learning at home, visit https://apertureed.com/5-tips-help-families-teach-social-emotional-learning/