








## 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  |
|---|--|--|---|---|
| <p><b>6</b><br/>Have a karaoke night. Children can sing their favorite songs. Give compliments for each person's attempts, and take turns singing and being the camera-person.</p>                    | <p><b>7</b><br/>Ask someone how their day was, and what they are hoping will be different tomorrow?</p>  | <p><b>8</b><br/>Practice mindfulness for at least 5 minutes.</p>  | <p><b>9</b><br/>Take turns humming songs and have others try to guess the name of the song. Be patient with everyone!</p>                       | <p><b>10</b><br/>Call a relative to get a recipe for their famous dish that you love!</p>  |
| <p><b>13</b><br/>Share your most embarrassing moments, wishes, and/or dreams</p>  | <p><b>14</b><br/>Use some chalk or tape to create happy messages on your driveway!</p>  | <p><b>15</b><br/>Play charades. Include some actions to demonstrate emotions.</p>  | <p><b>16</b><br/>Read a book while sitting in the sun.</p>  | <p><b>17</b><br/>Make a thermometer, with the bottom as a starfish and top as a tornado, use it to show your feelings each day.</p>   |
| <p><b>20</b><br/>Take a long bath or shower and use your favorite shampoo.</p>  | <p><b>21</b><br/>Discuss a time you were mad this week. What could you do different next time?</p>   | <p><b>22</b><br/>Organize a closet and make a bag of items to donate to others.</p>  | <p><b>23</b><br/>Make a card for someone in your family. Give 2 compliments.</p>  | <p><b>24</b><br/>Ask a parent what extra chore you could do that would help them today.</p>   |
| <p><b>27</b><br/>Look through a photo album from when you were young.</p>  <p><small>© Can Stock Photo</small></p> | <p><b>28</b><br/>Call someone you saw in the photo album and tell them you are thinking about them.</p>  | <p><b>29</b><br/>Go for a walk with your family around your neighborhood.</p>  | <p><b>30</b><br/>Pick your favourite activity and do it again.</p>  |   |

For additional ways to support Social Emotional Learning at home, visit <https://apertureed.com/5-tips-help-families-teach-social-emotional-learning/>