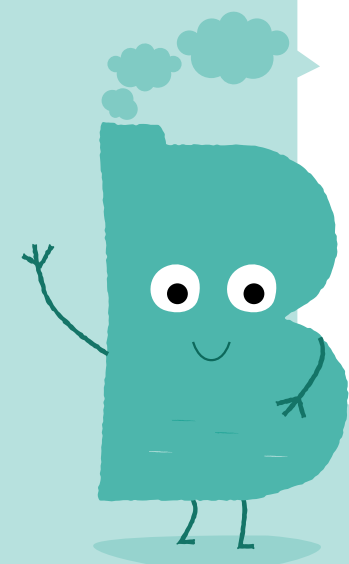


# Social Emotional Learning Activity Calendar

WEEK 1

DISCUSSION QUESTION

ACTIVITY



**MONDAY**  
Self-Awareness

How does your body feel when you have strong emotions? For example how does your body feel when you are really scared, excited, or mad?

Pick an emotion and draw a picture of your body. Label where you notice that feeling in your body.

Example: When I'm scared my palms feel sweaty. When I'm angry my face gets hot.

**TUESDAY**  
Self-Management

What is a routine? Why are routines important?

Write out a morning routine with at least 5 activities that you should do when you first wake up. Post it by your bed and try to stick to it every day for 1 week.

**WEDNESDAY**  
Social-Awareness

How can you show kindness to your family?

Make a list of things you can do to be kind at home. Try to complete at least 1 activity each day for one week.

**THURSDAY**  
Relationship Skills

What makes someone a good listener?

Think of 3 questions to ask a friend. Call that person and ask your questions. Listen very carefully while they speak and then try to write or draw as much as you can remember.

**FRIDAY**  
Responsible Decision Making

Why is it important to follow directions from adults? How can you remind yourself to follow directions, even if you'd rather be doing something else?

Write a letter to yourself and explain why it's always important to follow directions from grown ups who care about you.

# Social Emotional Learning Activity Calendar

WEEK 2

DISCUSSION QUESTION

ACTIVITY

**MONDAY**  
Self-Awareness

How are you feeling today? Feelings change all the time and that's normal, What causes your feelings to change from day to day?

Keep a journal about your feelings. Each day write down how you were feeling and why.



**TUESDAY**  
Self-Management

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?

Make a list of problems that an adult should help with, problems you can solve on your own and problems you can let go.

**WEDNESDAY**  
Social-Awareness

What is empathy? Why is it important to think about other people's feelings?

Think about your favorite character from a book, movie, or tv show. Write or draw a letter to yourself as if you are that character. In the letter, explain what you have experienced and how it felt.

**THURSDAY**  
Relationship Skills

How do you show people that you are thankful for them?

Write three thank you letters to friends or family members and let them know why you appreciate and love them.

**FRIDAY**  
Responsible Decision Making

How can you tell if something you want to do is safe?

Make a list of activities that are safe and not safe to do alone.



# Social Emotional Learning Activity Calendar

WEEK 3

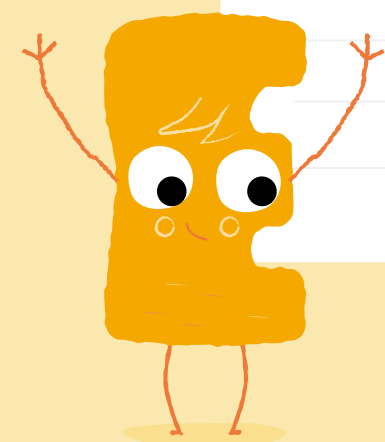
DISCUSSION QUESTION

ACTIVITY

**MONDAY**  
Self-Awareness

Think of something that you've done this week that you were really proud of. What was it? Why were you so proud of yourself?

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.



**TUESDAY**  
Self-Management

What happens when you get really mad? Do you sometimes have tantrums? Are those helpful? What could you do instead?

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?

**WEDNESDAY**  
Social-Awareness

What should you do with toys and clothes that you don't use anymore? Would someone else like to use them?

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.

**THURSDAY**  
Relationship Skills

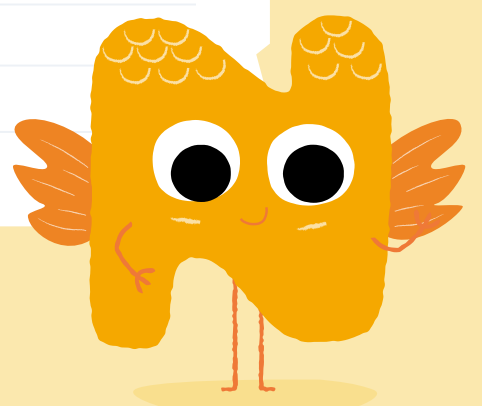
How do you tell people that they have upset you? What should you say and not say?

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.

**FRIDAY**  
Responsible Decision Making

What does responsibility look like at home?

Make a list of things you can do to be responsible and help your family around the house.

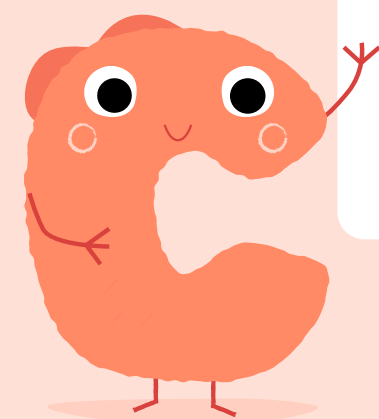


# Social Emotional Learning Activity Calendar

WEEK 4

DISCUSSION QUESTION

ACTIVITY



**MONDAY**  
Self-Awareness

How do you describe yourself? Do you use kind words to describe yourself?

Think of some kind words to describe yourself. Like smart, kind and funny write them down on "I am" cards. Use any materials you have to decorate your cards. Post them around the house to remind yourself how great you are!

**TUESDAY**  
Self-Management

What do you say to yourself when you are struggling with something? Do you tell yourself you can do it? Do you get mad at yourself? Which do you think is more helpful?

Think of some encouraging words to tell yourself when you are having a hard time. Create a poster by writing your ideas down on a big piece of paper and decorate it. Post it somewhere so that you can cheer yourself up when you are having a tough time.

**WEDNESDAY**  
Social-Awareness

What can you do when you notice that someone is feeling left out or lonely?

Think of someone you know that you haven't talked to in a while. Call that person to see how they are doing or make a card and send it to them in the mail.

**THURSDAY**  
Relationship Skills

How do you fix it if you have hurt someone's feelings?

Write a letter to someone whose feelings you may have hurt. Tell them that you are sorry and how you will fix it.

**FRIDAY**  
Responsible Decision Making

Consequences are the things that happen after we make a choice. Sometimes they are good and sometimes they are not. Why is it important to think about consequences before you make a decision?

Think about a choice you need to make, jot down what the positive and negative consequences of that choice could be.

