

#SEL day

Social Emotional Learning is an important component to every child's education. It is known to support a healthy sense of self, develop an awareness and the ability to manage emotions, feel and demonstrate empathy, engage in relationships, and grow to make reflective, responsible decisions.

Friday, March 26th is International SEL Day.

Below, please find opportunities to incorporate SEL into your classroom.



SEL Books

lots of picture book ideas for teaching skills including self-awareness, friendships, empathy, decision-making skills, and more.

SEL Bingo

Grades 3-5

Chrisanne has self care bingo!

Journal Writing

Provide an SEL prompt, students can take a few minutes to reflect and write:

what is your favorite hobby?

who makes you feel confident?

MORNING QUESTION

While taking attendance, students respond to questions such as, "what is your favorite snack?" or "what is your fav movie?"

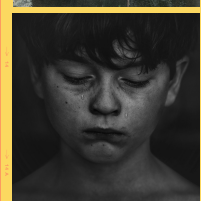
just breathe

END OF THE DAY CHECK IN

3 things that went well
2 things that were a challenge
1 thing to grow

"I am" self portrait

Have students reflect on their own amazing character traits to gain a better understanding of what makes them unique. Draw a self portrait and write an amazing statement about self



Picture Prompts~display a picture of children showing feelings. Ask the children to write or discuss how the children are feeling



Sparkle

Certain practices, such as breathing or stretching can help children increase self awareness and self regulation

**RESET
YOUR
BODY**

*Everything you tell yourself matters.
It can feel like a punch or a hug~
your choice.*

Mindful videos

[Mind Yeti](#)

[Meditation video](#)

[Yoga video](#)

SPARKLE IN SCHOOL



RED: I AM GOOD AT...

ORANGE: I AM HAPPY WHEN...

GREEN: I AM PROUD OF MYSELF...

BLUE: I AM SPECIAL...

PURPLE: I AM A GOOD FRIEND...

CHARACTER ROLE PLAYING CARDS

gratitude
grat-i-tude | a feeling of appreciation or thanks