Social and Emotional Learning Daily Activities

December 2022

The following calendar includes suggested daily activities to enhance/support the development of social-emotional learning. These activities provide a predictable routine for adults and students to establish and/or maintain safety, connection, and relationships. Our goal is for teachers and students to feel psychologically safe and connected.

This calendar is a resource for teachers to use in supporting their students’ social and emotional learning needs. The intent of this document is to give teachers simple, daily activities to continue supporting the social emotional development of their students. Students and staff are strongly encouraged to participate in one activity per day. These activities may be used in addition to any other social and emotional learning activities already in place.

Considerations may include:

- Using these activities as a welcoming ritual, engaging strategy, optimistic closure, and/or as an extension activity.
- Use one activity per day in your classroom or distance learning platform (Schoology, Google Meets, etc.).
- Activities can and should be modified, as needed, for individual student learning needs and characteristics.
- If activities are shared via social media (e.g., Twitter @BcpsMTSS), please use the hashtag #BCPSCares

Social-Emotional Learning is defined as the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The 3 BCPS social-emotional competencies identified in green on this calendar include: Awareness; Decision Making; and Relationships.

- **Awareness** includes Self-Awareness and Social Awareness which are developed through noticing and naming feelings and seeing how they are connected to what is happening within and around us.
- **Decision Making** includes Self-Management and Responsible Decision Making which are developed by focusing and persevering in balancing novelty with routines and rituals through control of our thoughts, emotions, actions and interactions.
- **Relationships** includes Relationship Skills which are developed by interacting with people and with content in ways that intentionally strengthen skillsets of being in control of our actions and interactions.

Mind Over Matters Suggested Activities

Mind Over Matters 2022-2023 Campaign
# Social and Emotional Learning Daily Activities

**December 2022**

## Week 1
### Healthy Relationships

Play “Kindness Bingo” or use the bingo cards to gather additional ideas to promote kindness.

## Week 2
### Coping Skills – The ‘Turtle Technique’

This ‘Turtle Technique’ shares a visual to help children control their emotions and includes strategies and links to a turtle story that teaches a self-regulation strategy.

## Week 3
### Coping Skills – Art Helps!

Explore 100 Art Therapy Exercises to support students with their emotions, relaxation, focusing on happiness, as well as trauma and loss activities. *Check out #11

## Week 4
### Healthy Relationships

Enjoy this read aloud of Shubert Sees the Best, a Conscious Discipline text, that focuses on positive intent and relationships.

## Choose any 3 activities to complete each week.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Relationships</td>
<td>Coping Skills – The ‘Turtle Technique’</td>
<td>Coping Skills – Art Helps!</td>
<td>Healthy Relationships</td>
</tr>
<tr>
<td>Look for something positive to say to everyone you speak to.</td>
<td>Write down a list of gifts that you have received from others that are not objects.</td>
<td>Draw or write about when you feel most joyful.</td>
<td>Count how many people you smile at today.</td>
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<tr>
<td>While washing your hands, look in the mirror and tell yourself one thing you like about YOU! Continue to think and say nice things about yourself all day. Notice how you feel.</td>
<td>Close your eyes and think about how you are feeling. Happy? Sad? Angry? Excited? Something else? Think about how you know you are feeling this way.</td>
<td>You can be a problem solver and stand up for yourself! Think of 1, 2, or 3 positive ways to respond to someone calling you a name or doing something that you do not like.</td>
<td>As a Brain Break, do 20 jumping jacks, 15 squats, 10 lunges and 5 pushups. Or play some oldies but goodies like Simon Says, Mother May I, and Red Light/Green Light.</td>
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<tr>
<td>Make paper snowflakes and write down all the thoughts going on in your head on the snowflakes. One thought on each snowflake. Gather all of them up and throw them into the air! Picture all of your thoughts leaving your mind as you throw them.</td>
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### Breathing:

- **Breathing:**
  - Breathe in 1-2-3-4 to smell the hot cocoa. Blow out 1-2-3-4-5-6 to cool the hot cocoa.
  - Stand with your feet wide apart. Reach your hands out to the side as far apart as you can. Remember to keep your body nice and tall. Spin and twist like a falling snowflake!

### Movement:

- **Movement:**
  - Stand with your feet wide apart. Reach your hands out to the side as far apart as you can. Remember to keep your body nice and tall.
  - Sit tall with your legs straight ahead of you. Hold onto your legs and rock back and forth like you are sledding down a hill!

### Breathing:

- **Breathing:**
  - Breathe slowly and deeply through your nose as you trace the snowman’s 3 circles.