

# Social Emotional Learning

(for K-1)

**Try to color in a square each day until you have completed them all!**

Play feelings charades with someone at home.	Practice hard/cooked spaghetti. Lie on your back and tense up all your muscles. Then breathe out as you slowly relax your body.	Practice belly breathing. Place a small stuffed toy on your belly. Breathe into your belly so you can see the toy rise up and then fall back down.	Tell an adult at home about a time that you felt happy.
Go outside and blow bubbles.	Draw a picture of something you are thankful for.	Tell an adult at home how YOU show others you are a good friend.	Read a book and talk about the feelings that you see in it.
Practice coloring.	Play red light/green light to practice self-control.	Practice sitting still for 1 minute -notice the sounds you hear.	How do YOU show you are a good listener?
Name all the feelings you can think of.	What are three healthy things you can do when you are upset?	Take a walk with an adult and notice nature around you. What do you see, smell, hear, or feel?	Do some morning stretches to wake your body up and get ready for the day.
What's great about YOU?	Tell about a time you were scared. What made you feel better?	Talk to an adult at home about a time that you felt sad.	Practice star breathing (trace the shape of a star while slowly inhaling and exhaling).