



## Social-Emotional Learning at Home Activities for Students in Grades K-8

Welcome to Changing Perspectives!

Social-emotional learning (SEL) is a critical part of every child's education and can be nurtured even when students are not in school. SEL is a framework for helping students develop critical skills for how they interact with others, manage their own emotions and behaviors, and develop into confident, productive, and empathetic individuals.

The activities in this packet are suitable for elementary school students. They are designed to foster social-emotional competence across the five core SEL standards: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

Please feel free to email us at [info@cpne.org](mailto:info@cpne.org) with any questions you have about this packet or the Changing Perspectives mission. We also invite you to learn more about our work on our website at [ChangingPerspectivesNow.org](http://ChangingPerspectivesNow.org).

Be kind,

Sam Drazin

Founder and Executive Director

## Self-Awareness

Provide opportunities for students to find ways to share more about themselves.

<p><b>Talents &amp; Traits Showcase</b></p>	<p>Invite students to consider what makes them special and unique and create a presentation to showcase their traits and talents. Here are some formats to try:</p> <ul style="list-style-type: none"> <li>• <i>Slideshow</i>: Students create a slideshow about themselves using photos and words to highlight where they live, their age, who is in their family, favorite things (e.g., school subject, sport, food, music, book, movie), a special skills or passion, etc.</li> <li>• <i>Collage</i>: Students create a collage using words, drawings, pictures cut from magazines, and other materials to describe themselves.</li> <li>• <i>Word Cloud</i>: Students brainstorm words that describe themselves and create a word cloud. Try online generators such as wordle.net or wordclouds.com.</li> <li>• <i>Video</i>: Students create a video about themselves that they can share with their family, friends, teacher(s), or online classroom community.</li> </ul>
<p><b>Personal Reflection Writing Prompts</b></p>	<p>Encourage students to reflect on themselves and their experiences by responding to a writing prompt, such as:</p> <ul style="list-style-type: none"> <li>• What are some of my greatest strengths? What are some things I struggle with?</li> <li>• Describe how you're feeling about [name a personal situation, community or world event, etc.]</li> <li>• What career would you like to have when you're older? How will your strengths, skills, and talents help you achieve your goal?</li> </ul>
<p><b>What Makes Me ... Me!</b></p>	<p>Invite students to articulate their ideas, thoughts, and feelings regarding their own strengths and challenges. <a href="#">Click here for a lesson guide.</a></p>

## Self-Management

**Provide opportunities for students to reflect on how they manage their behaviors and emotions in challenging situations.**

<b>Recognizing Triggers</b>	Help students identify their own emotional triggers and coping strategies. <a href="#">Click here for a lesson guide.</a>
<b>Emotion Journals</b>	Ask students to create a journal using a small notebook or by stapling paper together. At breakfast each day, students will write the date on a blank page of their journal and list the emotions they are experiencing.
<b>Soothing Spaces</b>	Brainstorm with your child about where they can go in your house (or yard) if they are feeling emotionally escalated.
<b>Fidget Basket</b>	Ask students to use a basket or box to gather items from around their homes that they can use for fidgets when they feel overwhelmed.
<b>Strategies Poster</b>	Have students create a poster of strategies they can use to manage their stress and anxiety in challenging situations.

## Social Awareness

**Provide opportunities for students to gain awareness of others, including the ways in which we are similar to and different from one another.**

<b>What Is Empathy?</b>	Help your students understand the term “empathy.” <a href="#">Click here for a lesson guide.</a>
<b>Empathy on Display</b>	Take a virtual tour of the <a href="#">Empathy Museum</a> and follow up with a discussion or written response about students’ ideas for new exhibits.
<b>Shared Experiences Interviews</b>	Have students create interview questions to learn about how others are dealing with or have dealt with a community or world event, such as the COVID-19 pandemic, a natural disaster, a local or regional event, etc. Students can create an online survey, call, use social media, or video chat to interview friends and family members.
<b>Spread Empathy Video</b>	Challenge students to explain “empathy” to others by making a video using video editing software or an app, such as iMovie.
<b>Celebrate Someone Special</b>	Have students make a list of important people in their lives. Students will select one person from their list to write an essay describing who the person is and why they are important in the student’s life.

## Relationship Skills

**Provide opportunities for students to develop strong relationship skills.**

<b>Friends Far &amp; Near</b>	Create an opportunity for your student to have a pen pal. Dedicate 30 minutes 2-3 times per week for your student to write their pen pal an email, letter, or postcard. Encourage your student to communicate clearly through written form and then take the time to respond directly to what their pen pal is writing to them.
<b>Think Creatively, Together</b>	Challenge students to think outside the box by working on a Rube Goldberg-style project with a friend or sibling. Creative challenges like these strengthen students' critical thinking and problem-solving skills, while working with a partner or team offer opportunities to practice communication and collaboration skills. Find ideas and free resources at <a href="http://RubeGoldberg.com">RubeGoldberg.com</a> .
<b>Go, Team!</b>	Reinforce that teamwork is an essential part of any relationship. Challenge your family members to brainstorm a list of team norms and expectations for how to behave and treat each other. Then collaborate to create a task/chore list to show team members' responsibilities.
<b>Notable Connections</b>	Ask students to write personal notes to friends and family whom they do not get to see in person very often to promote their social connectedness.

## Responsible Decision-Making

**Provide opportunities for students to develop skills to support responsible decision-making.**

<b>Decision-Making in Real Time</b>	<p>Nurture decision making as a core SEL skill by asking students to notice when they need to make a decision and encouraging them to use the following steps to tackle it:</p> <ul style="list-style-type: none"><li>• Identify the problem you need to solve</li><li>• Analyze the situation, including assessing the size of the problem</li><li>• Discuss past decision-making experiences and potential options for solving the problem</li><li>• Reflect about the process and outcome</li></ul>
<b>Decision-Making Stories</b>	<p>Have students write a story about a time they had to make a decision. Students should address the following elements in their stories:</p> <ul style="list-style-type: none"><li>• Describe the situation</li><li>• Identify the problem</li><li>• Describe the various options for solving the problem</li><li>• Share how you solved the problem</li><li>• Reflect on the process and solution: What did you learn that could help you in the future?</li></ul>