

S.E.L. WEEK

schedule

March 4, 2024 to March 8, 2024

MONDAY 3/4/2024

Mindfulness Day

Self Management/Self Awareness
Be Mindful and Be Positive!

Manage your emotions by wearing a shirt that displays a positive message.



SEL Activities:

Mindfulness is learning how to be present in the moment. Mindfulness helps students feel calm, focused, and happier. Practice with mindful breathing exercises. These can be done anytime, but really pay off first thing in the morning, in between transitions, or right before quizzes and tests.

Mindful Morning Check In (Grades 2 – 5)

Students will take 5 deep breaths, name 4 things they notice around them, name 3 things they're grateful for, say 2 positive self – talk statements, say 1 thing to look forward to for the day.

Brain & Body Break (Grades PreK – 5)

Breaks are a critically important part of replenishing self-regulation skills. Provide brain & body breaks through movement or mindful breathing exercises. Schedule them into the day (such as between tasks) or use them when you notice students just need to refocus.

TUESDAY 3/5/2024

Self-Awareness Day

Students may show their uniqueness by Wearing their favorite color.

SEL Activities:

SEL Art/Self – Portrait (Grades Pre – K – 5)

Students will create Self – portraits to allow for self-expression while integrating SEL skills at the same time. Use self-portraits to focus on self-awareness.

If applicable, try mindful coloring to work on healthy coping skills. (Pre- K – 1)

Journal Writing (Grades K – 5)

Provide a SEL journal prompt each morning for students to respond to. If your students are still working on writing skills, they can draw their responses and share aloud. SEL journaling provides a safe space to open up and allows SEL to integrate with academic skills in a natural way.

Show and Tell (Grades PreK – 5)

Give students a chance to share items and ideas that are important to them. They might share an art project they created or a new game they got for their birthday at home. This gives kids a safe space to communicate and share a piece of themselves with their classmates.

MY FAVORITE
COLOR
IS YOU



W E D N E S D A Y 3 / 6 / 2 0 2 4

Social Awareness Day

Relationship Building

Students may dress to match with a friend or group of friends.

SEL Activities:

Quote and/or Question of the Day (Grades PreK – 5)

Quotes are character-building! Share a meaningful social-emotional quote on the board. Have students discuss and share what it means to them. (i.e. - “You are enough and a work in progress all at the same time,” and “It’s never too late to stop and go down a different path.”)

Provide Students with an SEL question. Teachers may write it on the board or project it. Allow students time to discuss and write about it.

Gratitude List (Grades K – 5)

Have students write out a gratitude list. They should list out 3 things they are grateful for that day. These can be big things, like family or friends, but they can also be seemingly small things. When we practice gratitude, we help feel happier, more focused, and calm.

SEL Read Alouds (Grades PreK – 5)

Integrate social-emotional skills and reading using read alouds and stories. Start or end your day with a read aloud, highlighting relevant SEL skills before, during, and after the story. You can choose a read aloud to work on a specific SEL skill (empathy or friendships, for example), or you can pick up any book and see where it takes you. (Utilize Pat Cummings Books)

In Class Meeting/Town Hall (Grades PreK – 5)

Hold a class meeting (on a regular basis) to review expectations and solve problems together. These meetings become a safe space to work on conflict resolution skills, as students can share struggles, they are working through and get feedback from others. Class meetings are also the perfect venue for reviewing class expectations on a regular basis.

T H U R S D A Y 3 / 7 / 2 0 2 4

Team Building Day

Relationship Building/Social Awareness

Students may wear school athletic uniforms or school colors (red and black) as a great reminder to be a "team player".

SEL Activities:

Shout Out Board (Grades K – 5)

Create a bulletin board in the classroom where students can give “shout outs” to others. The idea is that students can give compliments and kind feedback to their peers and teachers. For example, a student might give a classmate a shout out for helping them organize their notebook. This builds a sense of community and allows a chance to highlight SEL skills along the way.

SEL Chat (Grades PreK – 5)

Provide an SEL question (or a few questions) and have students chat to discuss. Use SEL discussion-starters, such as: What is a good choice you’ve made recently? What could you teach someone else? What are some skills you feel most confident in? These questions are helpful to build relationships within the classroom, and they also allow for further discussion of critical SEL skills (self-awareness, self-management, social awareness, relationships, and decision-making).

Recite Positive Affirmations (Grades PreK – 5)

Positive self-talk helps students feel confident and ready for success. Choose favorite positive affirmations, create a list, and recite them together.

Circle Time (Grades PreK – 5)

Gather as a group in a circle. Use targeted relationship-building questions to share. It’s important to give everyone a chance to share who wants to. And it’s also important to allow kids to pass if they’re not comfortable sharing one question.

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FRIDAY 3/8/2024

Diversity Day

Diversity & Inclusion, Social Awareness, Self-Awareness

Students may dress to represent their culture/heritage by wearing traditional clothing or colors that represent their country's flag.

SEL Activities:

End of Week Reflections (Grades PreK – 5)

The end of the week is the perfect time for reflection. Students spend time thinking about what went well, what they've learned, what they are most proud of, and how they feel. Use targeted end-of-the-day reflection questions to start the process. (i.e. – What positive choices did you make this week? & How did you show kindness this week?, etc.)

Coping Skills Practice (Grades PreK – 5)

Healthy coping skills are essential to learning how to manage emotions and stress. Make it a point to practice coping strategies together, such as listening to music, drawing, reading, exercising, and talking with a friend. These techniques can be practiced for just a few minutes as a time as a meaningful reminder for students.

What Would You Do? (Grades K – 5)

Integrate SEL skills by discussing some “What would you do?” scenarios. (For example, you might ask, “You have a big test tomorrow, but a friend wants you to go out to the movies. What would you do?”) Have students talk and share ideas to learn and grow.

