

SOCIAL-EMOTIONAL LEARNING CHOICE BOARD

Try out some of the activities from the board below-reflect on how each one makes you feel. Which is your favorite and why? Continue practicing on the ones that bring you joy. See how many you can complete!

Write or draw about what the best day ever would look like for you	Practice some yoga poses and stretches	Sit still for two minutes-what do you notice? Record how it makes you feel	Make a list of all things you are grateful for	Write a letter to someone you care about-tell them why!
Practice your mindful breathing strategies	Read your favorite book	Write down any question you have about middle school	Make a vision board collage	Identify one goal you would like to achieve by the end of the school year
Play emotions charades-act a feeling out and have someone guess it	Draw a picture or write about your "happy place"	Free Space	Make a list of 10 things that help you stay calm	Practice self-control by playing red light, green light or statue
Create your family tree and reflect	Brainstorm 3 traits or qualities of a successful person	Pick a job you are interested in learning more about and research it	Draw or write about a time you showed someone kindness	Write a poem or song about how you were feeling
Write 5 things you love about yourself	If you could go anywhere in the world-where would it be? Write or draw about it!	Get moving! Dance to your favorite song.	Look around and find 5 things you see 4 things you feel 3 things you hear 2 things you smell 1 thing you taste	Draw a picture to explain how you feel.