

Sedalia Park ES

Social-Emotional Learning Choice Board

Use positive self-talk in the bathroom mirror. Say 5 positive things to yourself!	Tell a family member about your day. What did you do? How are you feeling? What was your favorite part?	Practice breathing with hot food or drinks. Breathe in through your nose and breathe out through your mouth to cool it down.	Play a game with someone. Practice NOT going first. How does it feel to take turns?
Talk to someone about your favorite place. Ask them what their favorite place is.	Make a list of 10 things you are grateful or thankful for in your life. <small>(Hint: what makes you happy? What or who do you love?)</small>	Work with a friend or family member to build something	Read a book and figure out how the character feels at the beginning and end of the story.
Practice closing your eyes and being completely still for 1 minute. What did you notice?	Ask a friend or family member about their job. What is it called? What do they do?	Draw a picture of what strong feelings feel like in your body.	Send a nice text, call or video chat with a friend or family member.
Paint, draw, or create something.	Count to 10 or 20 next time you need to calm down. How do you feel after you counted?	Make a stress ball with things you can find at home (balloon or bag filled with flour or sand).	Lay down on a bed, couch, or the floor. Squeeze your muscles and hold for 10 seconds and then release 2 times.

