

July

Social-Emotional Learning Choice Board #1

<p>Use positive self-talk in the bathroom mirror. Say 5 positive things to yourself!</p>	<p>Write your ABCs. Next, write as many feelings words as you can for each letter.</p>	<p>Make a list of 10 ways kids can show BLUE at school.</p>	<p>Make a book about the Zones of Regulation. What puts you in the blue, green, yellow, and red zones?</p>
<p>Draw a picture of your mental vacation. Where can you go in your brain when you feel anxious or worried?</p>	<p>Practice being mindful: 5 things that you can see 4 things that you can touch 3 things that you can hear 2 things that you can smell 1 thing that you can taste</p>	<p>Write a story about someone who is really kind and compassionate.</p>	<p>Play red light green light to practice self-control.</p>
<p>Dream about your future career. Draw a picture of yourself at your future job.</p>	<p>Teach a friend or family member how to belly breathe. Take 5 belly breaths every hour!</p>	<p>Journal about your day. What did you do? How are you feeling?</p>	<p>List 20 things you love about yourself</p>
<p>Send a nice text, call or video chat with a friend or family member.</p>	<p>Read a book and determine what Zone the character is in throughout the story</p>	<p>Work with a friend or family member to build something.</p>	<p>Practice not being first. For a whole day let the people around you do things before you do them.</p>
<p>Watch a free read aloud of one of Julia Cook's books on YouTube. Try Personal Space Camp, My Mouth is A Volcano, or Wilma Jean the Worry Machine., or your favorite one!</p>	<p>Record a video of you using a calm down strategy.</p>	<p>Make a list or draw a picture of things that you can do to calm down when you are angry.</p>	<p>Create a Calm Down Bottle with things you find at home (corn syrup, glitter, dish soap, glue, or warm water)</p>

August

Social-Emotional Learning Choice Board #2

Download an origami app or watch an origami video and practice following the directions closely.	Download the Mindful Powers app to practice mindfulness.	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 telling yourself that it's okay if you don't win.
Talk to someone about your favorite place. Ask them what their favorite place is.	Make a list of 10 things you are grateful for.	Research some careers you are interested in on https://www.onetonline.org/	Teach someone about what it means to have personal space.
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?	Find a Cosmic Kids Yoga Video on YouTube or practice the stretches you already know.	Create a sensory jar filled with rice, small toys, and other items.
Listen to the book "Clothesline Clues to Jobs People Do" on YouTube. Draw your own clothesline for a job you are interested in.	Do 5 volcano or lion breaths.	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.
Complete a maze or find a maze app.	Count to 10, 20, or 30 next time you need to calm down.	Draw a picture of what strong feelings feel like in your body.	Paint, draw, or create something.