



# Social Emotional Learning Activities

What is SEL? <https://youtu.be/ikehX9o1Jbl>



SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	DECISION-MAKING
<p>Being aware of emotions and managing them according to the situation at hand (emotional regulation).</p> <p><a href="https://youtu.be/ACYHERGmais">https://youtu.be/ACYHERGmais</a></p>	<p>Awareness/attention of social situations and the people involved.</p> <p><a href="https://www.youtube.com/watch?v=p_OejdoGk_g&amp;feature=youtu.be">https://www.youtube.com/watch?v=p_OejdoGk_g&amp;feature=youtu.be</a></p>	<p>Being able to understand what is going on verbally and non-verbally, follow the rules of language, and understand that others have different thoughts than you.</p> <p><a href="https://youtu.be/d75gxU6Nyq0">https://youtu.be/d75gxU6Nyq0</a></p>	<p>Being able to listen, attain information, and use language to express yourself.</p> <p><a href="https://youtu.be/WER63AY8zB8">https://youtu.be/WER63AY8zB8</a></p>	<p>Hold information in your brain, initiate conversation, and plan ahead (executive functioning), and much, much more.</p> <p><a href="https://youtu.be/542qgGgL1s4">https://youtu.be/542qgGgL1s4</a></p>
<p><b>Family Activity:</b> Family meetings and Check-ins</p> <p>Arrange for morning meetings/check-ins and evening debriefs to manage big feelings that may arise during this time.</p> <p><b>Be aware of your own stress</b> Take a break, go for a walk, or do whatever you need to do to promote your own positive coping before you sit down to talk to with your family.</p> <p><b>Be honest</b> You may be feeling a variety of emotions, all feelings are okay! Share how you are feeling and be empathetic of others emotions. Expect this to be an ongoing conversation.</p> <p><b>Promote positive coping</b> Unplug from social media and television for a while. Even for adults, the amount available information can be overwhelming.</p> <ul style="list-style-type: none"> <li>Enjoy some positive coping strategies like going for a walk outside, taking a deep breath, coloring, taking a break.</li> <li>Explore online resources such as virtual concerts or virtual field trips to museums. You may be able to find free access to resources that usually cost money.</li> <li>Make a plan as a family to get through this time together.</li> </ul>	<p><b>Family Activity:</b> Would you Rather?</p> <p>To build agility, you have to become “comfortable with being uncomfortable.” It sounds impossible, but all it really means is that your world will always be changing, and if you are able to roll with the changes you’ll be better prepared. This game will help you think about what makes you comfortable and what makes you uncomfortable.</p> <p><b>Play</b> For each pairing below, pick which one you’d rather do. Some of the options are pretty unpleasant, so think about which one would be less awful, and why!</p> <p><b>Would you Rather?</b> Be 9 feet tall OR Be 3 feet tall</p> <p>Only be able to shout OR Only be able to whisper</p> <p>Wear wet socks forever OR Wash your hair once a year</p> <p>Have more free time OR Have more spending money</p> <p>Everything tastes sweet OR Everything tastes salty</p> <p>Have hands for feet OR Have feet for hands</p> <p>Always be overdressed OR Always be underdressed</p>	<p><b>Family Activity:</b> Keep an eye on others</p> <p>Utilize different modes of communication to stay in contact with friends and loved ones.</p> <ul style="list-style-type: none"> <li>Communicate the old fashion way. Try writing a letter and mailing it to distant relative, or picking up the phone and calling a neighbor or community member that lives alone.</li> <li>Schedule virtual visits with friends and family.</li> <li>Play your favorite games online.</li> <li>Join an online discussion group or book club.</li> <li>Write thank you notes to our essential workers that are working on the front lines during this epidemic.</li> </ul>	<p><b>Family Activity:</b> Name Poems</p> <p>This activity helps introduce ways to identify and communicate positive qualities to others.</p> <p><b>Quick Instructions</b> First, have family members write their name vertically on a piece of paper.</p> <p>Using each letter of their name to start a word that describes themselves, each person should complete their name poem (e.g., something they are good at, a personality trait, or skill).</p> <p>Next, take time to decorate your name poem to make it even more personal. Everyone in the group can then take turns reading their poems and explaining the significance of each word.</p> <p>You may also want to work together to create a family poem using one of the following words:</p> <p>DREAM FUTURE SMILE TOGETHER FAMILY GOALS</p>	<p><b>Family Activity:</b> What’s your future hold?</p> <p>Take a career interest inventory and discuss the results together as a family.</p> <p><a href="#">123 Career Test</a> This unusual 15-question interactive quiz explores your basic preferences about working. Do you like working in an office, for example, or outdoors? Based on your responses, the test recommends careers to consider . . . and some of the suggestions can be surprising.</p> <p><a href="#">Aptitude-Test.com</a> This site is a portal to a variety of tests that evaluate math skills, verbal aptitude, abstract reasoning and other skills.</p> <p><a href="#">iPersonic® Career Test</a> After answering only four questions, you get advice about the kind of work you should consider. How can that be, after only four questions? It’s due to the quiz’s clever methodology. You could learn, for example, that you are an “Independent Thinker.”</p> <p><a href="#">The Princeton Review Career Quiz</a> You answer 24 questions (<i>Example:</i> “Would you rather be an auditor or a musician?”) and get a profile of who you are and careers to consider. It’s fun and takes only about 10 minutes to complete.</p> <p><a href="#">Fruity Holland Code Career Test</a> This quiz asks you to rate how much you might like specific activities, like tracking expenses or teaching people to read. The results suggest careers that might be right for you to consider.</p> <p><a href="#">Work Interest Wizard Test</a> This quiz takes a unique approach – you state how often you like to perform various duties. (<i>Example:</i> How many times a day or a month would you like to clean up files at work?) The quiz then offers some guidance about careers to consider.</p>