

# SOCIAL EMOTIONAL LEARNING

## AT HOME STRATEGIES

### BUILD IT IN DAILY

Having structure and routine is important for students - especially now! Set aside time each day and make it an activity before or after the school day starts!

### [AUDIO]BOOKS

Read or listen to books that showcase character building and resilience.

### VIRTUAL MEET-UPS

Set up time for students to talk to teachers, friends, or family using online platforms like Zoom or FaceTime.



## SELF-AWARENESS

### MOOD CHECK-IN

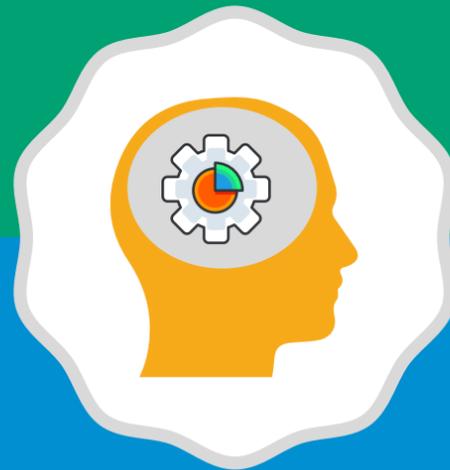
In the morning and after lunch, check in with students to help them practice self-awareness. You can ask "What emoji are you feeling like right now?" or use a Mood Meter to match a color to what a student is feeling.

### COMPLIMENT LISTS

Have students compliment themselves on one thing at the end of each day. Keep adding to the list and post it in a place the student can easily see.

### START THE DAY WITH STRENGTHS

Let students start their day with tasks that they enjoy and display their strengths. Find ways to incorporate strengths into online learning and around the house!



## SELF-MANAGEMENT

### PEACE CORNERS

A Peace Corner is a place where students who are upset or in conflict can go to calm down and get centered. Peace Corners can have books, pictures, and paper, pencils, markers, or construction paper for the student to interact with.

### "HELP" RELAXATION

How to HELP your body relax:

1. Become aware of your body by staying still and finding your pulse or heartbeat.
2. Practice sitting up straight and doing belly breathing.
3. Stretch your body to relax your muscles.
4. Clear your mind through Meditation and/or Guided Imagery.

### CONTROL CIRCLES

Ask students to draw a circle and list what is in their control. Outside the circle they should list what is not in their control. Allow students to "release" what is not in their control and focus on what is!

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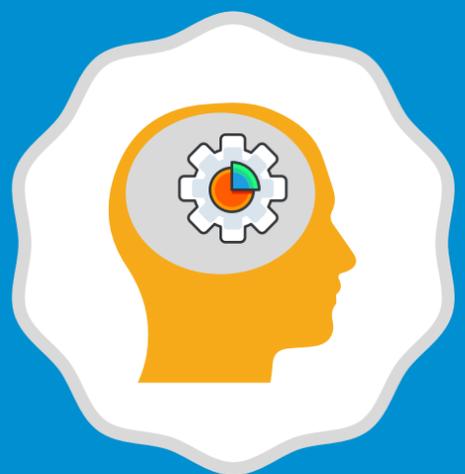
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