

# School Counseling- Social Emotional Learning

Do at least one activity a day! Feel free to do them more than once!

<p style="text-align: center;"><b>Empathy</b></p> <p>Talk with at least 1 other person in your home and ask them about their day. Really listen to their answer! One way to show active listening is by asking questions about what they share.</p> <p>What I learned about their day: _____</p> <p>How would I have felt: _____</p>	<p style="text-align: center;"><b>Gratitude</b></p> <p>List 5 things that you are grateful for when you wake up. List 5 more after lunch. List 5 more when you go to bed. Draw a picture of the thing that you are most thankful for at the end of the day.</p> <p>Morning 5: _____</p> <p>Afternoon 5: _____</p> <p>Evening 5: _____</p>	<p style="text-align: center;"><b>Mindfulness</b></p> <p>Practice at least 1 mindfulness activity daily!</p> <p>Wave Breathing- Close your eyes and cover your ears with your hands. Take long and slow breaths and imagine waves rolling in and out of the shore.</p> <p>Cloud Breathing- Close your eyes and just notice all of the thoughts that pass through your mind without judgment. Imagine they are like clouds moving across a blue sky.</p>
<p style="text-align: center;"><b>Responsibility</b></p> <p>Make a list of tasks that need to be done around the house. Pick 1 that you can take responsibility for. Washing the dishes, folding the laundry, cleaning your room, cleaning the bathroom... Have your parent sign off that you have taken this responsibility.</p> <p>Job _____</p> <p>Number of times done: _____</p>	<p style="text-align: center;"><b>Self Esteem</b></p> <p>Make a list of 3 things you like about your personality: _____</p> <p>Make a list of 3 things you are good at: _____</p> <p>List 3 ways you help others: _____</p> <p>Write 3 positive affirmations and post them by your mirror. Examples: I can do hard things. I am kind. I am loved. I bring something special to the world.</p>	<p style="text-align: center;"><b>Career</b></p> <p>Create a vision board! Think of the things that you want for your life in the future. Draw or cut from magazines to create something that inspires you.</p> <p>I want to be a _____</p> <p>I would like to live _____</p> <p>My hobbies will be _____</p> <p>I want the following words to be used to describe me: _____</p> <p>Things I can do now to help reach this goal: _____</p>
<p style="text-align: center;"><b>Respect</b></p> <p>Show respect to your family! Remember: Say Please and Thank you. Follow Directions (the first time they are given). Use Kind Words. Keep hands and feet to yourself. You will be spending more time at home than usual, show respect for your common living space by cleaning up.</p>	<p style="text-align: center;"><b>Conflict Resolution</b></p> <p>When conflict arises, practice using your I-Statements: "I felt _____ when _____." "I need _____." "I would like/ appreciate _____." *Remember to BREATHE and get calm and centered BEFORE dealing with the conflict. Describe the situation you used this in: _____ Did it help? _____</p>	<p style="text-align: center;"><b>KINDNESS</b></p> <p>Pick 1 kind activity to do daily: Write a note to a family member thanking them for taking care of you. Give a genuine compliment to each person in your home. Surprise a family member with a homemade gift or picture. Be creative! My own idea for showing kindness: _____</p>

**I verify that my student completed one activity per day.**

\_\_\_\_\_ Parent/Guardian signature