

Social Emotional Activity Choice Board

TRY FOR 3 IN A ROW EACH DAY!

Set a goal that you want to accomplish today. Keep track of it all day, and celebrate when you reach it!

SELF MANAGEMENT

Make a list of your responsibilities for today. Check them off as you complete them!

RESPONSIBLE DECISION-MAKING

Tell someone at home about something you're really good at doing. Then, tell them about something you want to get better at doing.

SELF AWARENESS

Talk with someone at home about a strategy you can use to deal with angry feelings. Practice it together!

SELF MANAGEMENT

As you watch a movie or show together, talk about how one of the characters is feeling. What would it be like to be in their position?

SOCIAL AWARENESS

With someone at home, talk about 2 ways you can be a responsible community member.

RESPONSIBLE DECISION-MAKING

As you read a book together, predict some consequences of a character's actions or choices.

RESPONSIBLE DECISION-MAKING

Make a list of 3 ways you can connect with friends and family even when you aren't seeing them in person!

RELATIONSHIP SKILLS

As you read a book together, tell a family member how you think one of the characters is feeling. Then, share a time when you felt that way too.

SELF AWARENESS