

# #SEL day

March 11, 2022

**Family Activities That Build  
Social Emotional Skills  
Celebrate #SEL day at Home!**



## **The Family Diner**

Transform mealtime into your own family restaurant! Experience working together as a family team.



## **Zen Zone**

As a family, talk about how to keep your emotions in check and create a calm space in your home.



## **Dinner Conversations**

Use family conversation starters at your next family meal to share your thoughts and experiences.



## **Who Are We?**

Brainstorm what makes each person as well as your whole family-unique.



## **Community Contributions**

Explore how your family can contribute to your community in a positive way.



[www.davis.k12.ut.us/departments/student-family-resources/social-emotional-learning.com](http://www.davis.k12.ut.us/departments/student-family-resources/social-emotional-learning.com)