

#SEL day

March 10, 2023

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

Click the links below for each activity!



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