

## Social Emotional Learning Challenge

<p>Call someone you love who doesn't live with you and have a conversation using kind words.</p>	<p>After washing your hands, create a friendly card to send to an elderly person you live near. Deliver to their mailbox with a trusted adult.</p>	<p>Work with your family to think of all the things you can do and say to make your home a happier place!</p>	<p>Practice when it's appropriate to be silly versus serious while playing Freeze Dance!</p>	<p>Surprise a family member by making them a snack or meal!</p>
<p>Think of a time you made a mistake with how you handled your feelings. How could you have handled that differently?</p>	<p>Create a piece of art to give a friend once we are back at school.</p>	<p>Call a friend and tell them how you are feeling about e-learning. Make sure to listen AND share.</p>	<p>While you watch a TV show notice how the characters feel. How many emotions can you find?</p>	<p>Practice being mindful. Sit quietly and notice all that is going on around you.</p>
<p>Practice having a growth mindset. Try something new and don't give up!</p>	<p>It's okay to be mad but it's not okay to be mean. Make a list of ways to calm down when you are angry without hurting anyone.</p>	<p>Create a children's book about kindness and anti-bullying. Include your own characters and ideas on how to stop bullying!</p>	<p>Invite everyone you live with to play a game with you! Make sure to be a good sport.</p>	<p>Ask a loved one to tell you about a time they felt a big emotion. Make sure to ask them questions!</p>
<p>Write or draw about what you <i>hope</i> for this time at home, and for when we are back at school.</p>	<p>Tell a loved one about a time you felt a big emotion. How did you deal with it?</p>	<p>Go outside and write an encouraging message for people either in chalk or on paper.</p>	<p>Go for a walk outside and think of all the things you are grateful for. How many can you think of?</p>	<p>Practice deep breathing for 3 minutes. (In through your nose, out through your mouth slowly)</p>