

## Unit 5 Social/Emotional E-Learning Calendar

- Students should choose at least **two-three** activities per week to practice social/emotional skills. (This choice board will last for 3 weeks)
- Additional resources and websites are available below
- Place a check and parent initial on the activities completed and have a caregiver/parent sign the bottom of the form. Students please return this sheet to your teacher within 3 days upon your return to school.

Monday	Tuesday	Wednesday	Thursday	Friday
Feelings: Do a body check in the morning, afternoon, and evening by asking yourself how you feel in that moment (mad, tired, happy, silly, etc.).	Self Esteem: List/name 5 things you are good at and 3 things you could try harder on next time.	Read a book and talk about how you think the characters are feeling. What in the book makes you think that?	Kindness: Name/List 5 kind words about people you know. If you are able too, tell those people the kind words you came up with.	Be a domino! Do something nice for someone and encourage them to do the same for someone else!
Draw a picture of your face. Talk about what your feelings you are showing in the picture.	Play a card game like Uno or Go Fish. Practice good turn-taking and good sportsmanship.	Anger: List/name the sensations that happen in your body when you feel upset. Knowing this will help you know when you are triggered.	Conflict: Think of a conflict you have had with a friend and/or family member. How did it get resolved? Did you make good choices or bad choices?	Ask someone what they like to do in their free time. Make sure to look at them and listen to their response. Then tell them what you like to do in your free time.
Draw a heart. On the inside of the heart, write different things that make you feel happy (people, animals, memories, things).	Friendship: Describe ways you could help a friend when they are feeling 1. Mad 2. Sad 3. Worried 4. Lonely	<a href="https://www.youtube.com/watch?v=tiFHNPfYw&amp;list=PLPs5_csKaSS2Q0Y5XrEHFiJgoHfOCSzos&amp;t=0s&amp;index=13">https://www.youtube.com/watch?v=tiFHNPfYw&amp;list=PLPs5_csKaSS2Q0Y5XrEHFiJgoHfOCSzos&amp;t=0s&amp;index=13</a> Listen to the story "Wemberly Worried". Think of a time you felt worried like Wemberly. What made you feel this way?	Think of someone who you consider a friend. What qualities do you like in them that make them a good friend?	Start a conversation with someone in your family. Make sure you pick a good time to talk, a topic they will enjoy, and take turns during the conversation.

## **WEBSITES:**

Free Internet Access (for low income) households

<https://www.centralillinoisproud.com/news/national/comcast-to-offer-free-internet-to-low-income-families-during-coronavirus-pandemic/>

PATH Hotline (Provides support with community resources and mental health crisis support)

1-888-865-9903

<https://www.pathcrisis.org/>