




















## January 2024 Whole Child Activities at Home

Simple activities to cultivate Social Emotional Learning Skills (SEL) and celebrate Whole Child Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>1</span> </div> <p>Discuss with your child an experience that brought you joy today. Ask your child to identify one experience that brought them joy in the classroom, home, school etc.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>2</span> </div> <p>Slow down and take a walk to notice the “Awe” in your surroundings. Awe is the feeling we get in the presence of something vast that challenges our understanding of the world</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>3</span> </div> <p>Find stories or media that demonstrate the best in humanity. Ask your child how they can be their best in the world.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>4</span> </div> <p>Create and write down goals for the week, month, year that develop positive character traits.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>5</span> </div> <p>Practice doing three kind things for others (friends, family, neighbor etc) and notice how you feel.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>6</span> </div> <p>Research and plan a nutritious meal with your child that you can make together.</p>
<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>7</span> </div> <p>Ask your child, spouse or partner: How do you like to be recognized when you’ve done a good job?</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>8</span> </div> <p>Take a walk and notice and enjoy the sights and sounds around you.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>9</span> </div> <p>Discuss self-affirmation statements and why they can help with one’s mental wellness. Share one self-affirmation statement that you will use.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>10</span> </div> <p>Practice using I feel... statements. For example: “I feel..... because/when ..... ”</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>11</span> </div> <p>Discuss why it is important to limit screen time during meals or family activity time. Then determine times when everyone in the family will limit their screen time.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>12</span> </div> <p>Make a commitment to do something kind for another person, then share what was done in the evening.</p>	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-right: 5px;">☐</div> <span>13</span> </div> <p>Commit to ways you can incorporate physical movement into your day.</p>

 14 Practice a different way to relax your mind and body (going for a walk, listening to music, reading a book, yoga)	 15 <b>Martin Luther King Day</b> Learn about another culture and describe the positive things you learned.	 16 Describe how it makes you feel when you see others doing kind activities towards others.	 17 Share what you appreciate about that person and write a handwritten note to them.	 18 During a meal or car ride take turns sharing what you have learned from someone.	 19 Point out a skill or activity your child or youth successfully completed, then ask them why they think it went so well.	 20 Read a good book, sing, dance or be silly.
 21 When out of the house: Play I Spy & identify people around you who are showing acts of kindness to others (holding a door, smiling at others)	 22 Describe a special possession that you would hate to lose and why.	 22 Go for a walk. Describe what you see in nature (This is a practice in mindfulness)	 24 Take turns writing or communicating a story. Start the story with “As I was walking through the jungle...”	 25 Describe a time you were brave when something was scary or difficult to do.	 26 Make a family bucket list for things people want to do together.	 27 Plan an activity together that involves physical exercise (walk, biking, swimming, hiking).
 28 Play games together that are not on an electronic device.	 29 Start the morning taking turns with positive self-talk statements about the day.	 30 Reflect and share about an events, activities that brought you Joy this month	 31 Call a relative or friend that you haven’t spoken to on the phone for awhile.	<p><b>Use this calendar to challenge yourself to complete the activities for each day with your child or youth.</b></p> <ul style="list-style-type: none"> <li>• <b>Check <input checked="" type="checkbox"/> each day after you complete the activity (save online, or print one off!)</b></li> <li>• <b>Share your progress @SumnerSchools (Today I completed my Whole Child Challenge by..... )</b></li> </ul>		