

Middle School SEL Activities for Families

Activity Link	Description	Social-Emotional Learning Skill
100K Masks	Draw a mask on the left side. Write 3 words on the front of the mask that represent qualities you let people see. Write 3 words on the back of the mask that represent things you don't want people to see. Then click submit.	Self-Awareness
A Moment for Me: A Self Compassion Break for Teens	A quick self-compassion practice that can be applied throughout the day whenever difficult emotions arise. 10-15 minutes	Self-Awareness Self-Management
Loving-Kindness for Someone You Care About	Practice acknowledging commonalities with another person and send positive wishes to that person. 10-15 minutes	Self-Awareness Self-Management Social Awareness Relationship Skills
Zip, Zap, Zop	Students stand in a circle and take turns clapping their hands at each other as they say, "Zip", "Zap", or "Zop", in that order. 10-15 minutes	Self-Awareness Self-Management Social Awareness Relationship Skills
Write Down, Rip Up and Throw Away Your Stress	Have your child write down their expectations and insecurities, rip them up, and throw them away. This emotional check-in takes about three minutes. By acknowledging how your children are feeling you'll acknowledge their barriers to learning and create a safe space for your children to overcome them. 3-5 minutes	Self-Awareness Self-Management Responsible Decision-Making
Contemplative Reading	Ask students to read a text slowly and carefully and then reflect on it, helping to cultivate deeper awareness and understanding. 15-30 minutes	Self-Awareness Self-Management Responsible Decision Making

Contemplative Writing	<p>This variation on freewriting is a method of inner inquiry, helping students to explore their thoughts, emotions, or ideas on a topic of their choice, an academic-related question, or an ethical dilemma.</p> <p>10-15 minutes</p>	<p>Self-Awareness Self-Management Responsible Decision Making</p>
Simple Guide to Active Listening for Parents/Guardians	<p>Listening is a really important life skill for parents. When your child feels listened to, they will feel like you understand them. Here are the steps to listen actively to your child. The link will tell you how.</p>	<p>Self-Awareness Self-Management</p>
Lessons for SEL: Video Lessons	<p>6-minute SEL Lessons that include a short video and discussion questions.</p>	<p>Self-Management Self-Awareness</p>
Flow and Tell	<p>After checking in with their breath, body sensations, emotions, and thoughts, students take turns listening and sharing what they observe in the present moment.</p> <p>15 minutes</p>	<p>Self-Awareness Self-Management Relationship Skills</p>
Self-Care Circle	<p>Students or staff sit in a circle, center themselves with a Mindfulness Moment, and reflect on and share ways they can practice self-care.</p> <p>30 minutes</p>	<p>Self-Awareness Self-Management Social Awareness Relationship Skills</p>