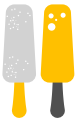
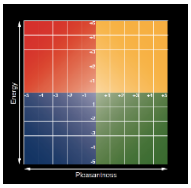
Bellevue School District
Elementary Social Emotional Learning (SEL)
Summer Choice Board

Self Management	Self Awareness	Self Efficacy	Social Management	Social Awareness	Social Engagement
5-4-3-2-1 Grounding Take a moment a note the following: 5 – Things you SEE 4 – Things you FEEL 3 – Things you HEAR 2- Things you SMELL 1 – Thing you TASTE		*Reflect* Think about the last school year. What is something you are proud of?	*Make Someone Smile* Think of three people that you are thankful for. Make something for them, write them a card, or just tell them what they mean to you.	*Celebrate a Family Member* _____is my _____. _____always encourages me by _____. I am happy that _____ is a part of my family!	*Community Clean Up* As you are out and about in the community take a moment to leave the place better than you found it.
Star Breathing Start at any "breathe in" side, hold your breathat the point, then breathe out. Keep going until you have gone around the whole star. 	*Cozy Corner* Create a cozy corner with some of your favorite things. Enjoy this cozy corner throughout the summer.	*Set a Summer Goal* Set a goal for yourself this summer. Could be something you want to do, something you want to learn. Then list out the steps you need to complete to help you accomplish the goal.	*Make a Gratitude Wall* *Make a poster with the word Gratitude on it. With your family, each day, put up sticky notes on the poster of why you are each grateful.*	*Be a Bucket Filler* Think about someone who needs their bucket filled. List out all of the ways that you plan to fill that person's bucket.	
Name It to Tame It Make a list of all of the emotions that you have felt. Then plot those different moods on the Mood Meter. 	*Take a Mindful Hike* Pay attention to each step on your hike. Bring awareness to your senses. **Stop and look** at what is above and below you **Pause and listen** to the soothing sounds of the outdoors **Touch and feel** the contact of air against your skin **Smell** the scents around you		*Making Things Right* We all make mistakes. Think about a mistake you've made. Have a conversation with the other person. Tell them how you felt and how you will show up as your best self next time.	*Kind Words* Think about **three people** in your life, **write down two kind things about them** and then **find a creative way to share** those kind things with them.	*Help Someone at Home* Show responsibility & kindness to someone by helping them at home. Tell them what you appreciate about them.
Strategy Wall Create a list of things that you can do the next time you feel mad, sad, or lonely.	*Best Self* Think about your traits when you are at your best. Make a list of these traits. Try to ensure that you model these traits in all that you do.	*Create a "Win" Journal* Create a journal to record all of your successes (or wins) this summer. Record all of the things that you accomplish that you are proud of.		*Learn about a Change Maker* Read, listen to a story, or watch a movie about a leader, change maker or activist. Think about what YOU can do to help others.	*Care for a Cause* Think about something that you care about. How can you support that cause?
	Gratitude Scavenger Hunt	*Do Something You Love*	*Acts of Kindness* Do a kind act for a friend, family member,		*Clear is Kind* Work with your family to outline clear

	Find something you are grateful for that….. -makes you happy -is your favorite color -you enjoy eating -makes you feel strong -makes a beautiful sound -you love doing on your own -reminds you that you are loved	Think of an activity you love (reading, bike riding, creating art, baking, etc.). Now do that activity!	or someone in your community.		expectations for the summer. How will you hold each other accountable. What will happen when the expectations are not met?