

Lincoln Elementary

Social Work Choice Board



Please contact your child's teacher through Remind or email to report attendance. Choose an activity to practice a skill, feel better, or get ready to learn!

1. Take a Deep Breath



Breathe in slowly.
Breathe out slowly.
Repeat 3 times.

Calm Body

2. Draw It Out



Draw something that helps
you feel happy or calm.

Creativity

3. Stop and Think



Stop. Take a breath. Think
of a safe choice.

Self-Control

4. Name my Feeling



How do I feel today?
Draw it or say it.

Feelings

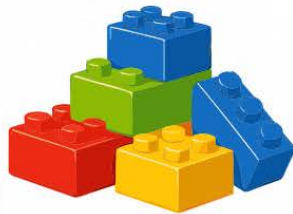
5. Take a Quiet Break



Read a book or sit quietly for a
few minutes.

Reset

6. Try Something Hard



Build, draw or solve something.
Keep trying!

Perseverance

7. Practice Friendship



Think of one kind thing you can
or do.

Friendship

8. Move My Body



Stretch, march, or do 10
jumping jacks.

Movement

9. Be Kind



Do something kind for yourself
or someone else.

Kindness

10. Play a Game



Play a game by yourself or with
a friend or family member.

Problem Solving

11. Mindful Moment



Notice 5 things you see, 4 you
can touch, 3 you can hear, 2
you can smell, 1 you can taste

Mindfulness

12. Ask for Help



Talk to a trusted adult or a
friend.

Support

Respect

Responsibility

Flyer Pride

Positive Attitude

Safety