



Mrs. Bailey's Social Emotional Learning Challenge (3rd & 4th Grade)

Mark off each task as you do it.

If you get the whole sheet finished and signed off by an adult, you will be able to join your School Counselor for lunch once we are back at school.

Share your feelings with a loved one.	Create a board game about making good choices (forward for a good choice, back for a poor one).	Make a list of 15 things you love about yourself.	Play Emotions Charades. Can your family guess how you're feeling?	Think of a career and research 5 fun facts about it. Tell a loved one those fun facts.
Make a list of as many emotions you can think of.	Write a letter to someone you miss. Mail it if possible.	Practice deep breathing for 3 minutes, in through your nose & out through your mouth slowly.	Teach a loved one 5 ways to calm down when you are mad or sad.	Take 5 minutes to stretch your body quietly.
Practice sitting still for 1 minute and focus on all the things you can hear.	Play a game with someone you love and practice being a good sport.	Ask an adult to tell you about his/her career or job.	Create a poster that shows others how to be kind.	Describe to a loved one a place that makes you happy using your 5 senses.
Go outside and find 5 things you can sense (hear, touch, smell, see or taste).	Try to be second all day long! Let others go first in everything you do.	Read a book and notice all the feelings the characters feel.	Make a coupon book of helpful things you can do for a family member or friend. Give it to them.	Give out 20 true compliments.
Make an acrostic poem of your full name with positive things about yourself.	Help a family member clean something without being asked.	Write a thank you letter to someone you appreciate.	Take a walk and count how many things you see that are one color (you choose the color).	Make a list of qualities you want in a friend.