



**Mrs. Bailey's Social Emotional Learning Challenge (PreK-2nd Grades)**

Mark off each task as you do it.

If you get the whole sheet finished and signed 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.	Draw a picture of your hero.	Draw a picture of what you love about yourself.	Play Emotions Charades. Can your family guess how you're feeling?	Think of a career and tell a loved one something neat about that career.
Make a list of as many feelings as you can think of. I'll start: happy, sad. . .	Draw a picture for someone you miss.	Practice deep breathing for 3 minutes-in through your nose and out through your mouth slowly.	Teach a loved one 3 ways you can calm down when you're sad or mad.	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.	Draw 5 things you are thankful for.	Create a poster that shows others how to be kind.	Describe to a loved one a place that makes you happy using all 5 senses.
Go outside and find 5 things you can sense (hear, touch, smell, see, 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.	Go outside and find as many colors as you can.	Give out 10 compliments to your family.
Play "Red Light, Green Light" at home to practice controlling your body.	Help a family member clean something without asking.	Write a thank you letter to someone.	Draw a picture of what you want to be when you grow up.	Draw what it means to be a good friend.