



Social and Emotional Learning Daily Activities

June 2020



The following calendar includes suggested daily activities to enhance/support the development of social-emotional learning. These activities provide a predictable routine for adults and students to establish and/or maintain safety, connection, and relationships. Our goal is for teachers and students to feel psychologically safe and connected.

This calendar is a resource for teachers to use in supporting their students' social and emotional learning needs. The intent of this document is to give teachers simple, daily activities to continue supporting the social emotional development of their students. Students and staff are strongly encouraged to participate in one activity per day. These activities may be used in addition to any other social and emotional learning activities already in place.

Considerations may include:

- Using these activities as a welcoming ritual, engaging strategy, optimistic closure, and/or as an extension activity.
- Copy one activity per day into your distance learning platform (Schoology, Google Meets, etc.)
- Activities can and should be modified, as needed, for individual student learning needs and characteristics.
- If activities are shared via social media (e.g., Twitter), please use the hashtag #BCPSCares

Social-Emotional Learning is defined as the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The 3 BCPS social-emotional competencies identified in green on this calendar include: Awareness; Decision Making; and Relationships.

- Awareness includes Self-Awareness and Social Awareness which are developed through noticing and naming feelings and seeing how they are connected to what is happening within and around us.
- Decision Making includes Self-Management and Responsible Decision Making which are developed by focusing and persevering in balancing novelty with routines and rituals through control of our thoughts, emotions, actions and interactions.
- Relationships includes Relationship Skills which are developed by interacting with people and with content in ways that intentionally strengthen skillsets of being in control of our actions and interactions.



Elementary Social and Emotional Learning Daily Activities

June 2020



Mindfulness	Emotions	Wish Well	Appreciation	Imagination
Awareness	Awareness & Decision Making	Relationships	Relationships	Decision Making
Breathe: Even In-Even Out	Get outside and notice what you see, hear and smell. What things outside are you appreciative of?	Plan and do a family fun time activity.	Tell someone three great things about your day.	Have an indoor camp out.
Move: Seated Twist	Think of 3 things you are grateful for. Tell someone.	Draw a picture and show it to someone you care about.	Connect with a relative to say hello (letter, phone call, video chat).	Build a blanket fort or tent.
Rest: Sleeping Crocodile	Find a special place where you can relax and calm your mind and body. Slowly look around you and find... 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell (or 2 smells you like), and 1 emotion you feel.	Do something that makes someone smile.	Research your family tree	Hide something sweet or small and create a treasure map for someone to follow to find it.
Breathe & Move Seated Sunset	Do one act of kindness to make life easier for someone.	Invent a card game and play it with a friend or family member.	Call someone and read them a story.	Make an “All-About-Me” collage to share your interests.