**Mrs. Johnston’s Social Emotional Learning Challenge 1**

Try and complete all the challenges 😊

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| Share your feelings with a loved one | Draw a picture of what you love about yourself. | Play Emotion Charades. Can your family guess how you are feeling? | Draw a picture of your hero. |
| Make a list of as many emotions you can think of. | Teach a loved one a way you can calm down when you are mad or sad. | Practice deep breathing (In through your nose, out through your mouth). | Give out 5 compliments (say something nice to someone). |
| 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. |
| Go outside and find 5 things you can sense (hear, touch, see, smell, taste) | Draw what it means to be a good friend. | Read a book and notice all the feelings the characters felt. | Go outside and find as many colors as you can. |
| Play Red Light, Green light at home (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 |