



Social Emotional Learning Menu

(for PK-5)

Play emotion charades.	Share your 3 favorite yoga poses.	Practice belly breathing.	Tell about a time that you felt happy.
Do a sun salutation.	Talk about 5 things you are grateful for.	Write or draw what it means to be a good friend.	Discuss the emotions that you see in your favorite book.
Practice mindful coloring.	Play red light/green light to practice self control.	Practice sitting still for 1 minute- notice the sounds you hear.	What does it take to be a good listener?
Name all the emotions you can think of.	What are three coping skills you can use when you are upset?	Talk, write or draw about a time you showed or received empathy.	List 3 character traits that you have learned this year.
List 5 things you can see, 4 things you hear, 3 things you feel, 2 things you smell and 1 thing you can taste.	Read a book and discuss moments of caring.	Tell about a time that you felt sad.	Practice star breathing (trace the shape of a star while slowly inhaling and

