

SEL Activities List

Class:

SEL ACTIVITIES

1

Friendship Fridays: Encourage students to build strong relationships with a weekly activity on Fridays.

2

Mindful Minute: Teach students mindfulness techniques through short, daily deep breathing practices.

3

Empathy Role Play: Have students act out scenarios to practice putting themselves in others' shoes.

4

Emotional Bingo: Enhance emotional literacy by playing a game of bingo where students identify emotions on cards.

5

Storytelling: Encourage students to read aloud their stories and actively listen to their classmates with empathy and understanding.

6

Reflection Station: Have students take a moment to reflect on their emotions and thoughts through writing or drawing.

7

Feelings Charades: Have students act out different emotions and guess what their classmates are feeling.

8

Values Votes: Encourage students to understand their own values and beliefs by voting on class decisions.



9	Mindful Yoga: Practicing yoga and meditation can help students develop emotional awareness, mental calmness, and healthy habits.
10	Kindness Collaboration: Encourage teamwork and kindness by having students work together on a collaborative project.
11	Community Circle: Give everyone a chance to speak and be heard by creating a safe space for students to share and listen to each other.
12	Feelings Flashcards: Create a set of feelings flashcards to help students identify and express their emotions.
13	Kind Acts Jar: Encourage students to spread kindness by writing down and sharing acts of kindness they witness or perform.
14	SMART Goals: Setting SMART (specific, measurable, attainable, relevant, timely) goals can empower students to reach their personal and academic potential.
15	Grateful Greeting: Start each day with a gratitude practice by having students share something they're thankful for.

