

2019-2020 Aberdeen Public School Social Emotional Learning

WEEK 1 (March 25- March 27, 2020)

Directions: Select one activity per day to complete. These activities are optional for students to complete.

KG & 1 st Grade (15 minutes)	2 nd & 3 rd Grade (30 minutes)	4 th & 5 th Grade (30 minutes)
<p>Kindness Write or draw something nice I did today. I felt _____(draw an emoji). I think the other person felt _____(draw the emoji).</p>	<p>Social Emotional Learning www.wedolisten.org Select any lesson from the site Follow up with activity in "fun stuff" tab</p>	<p>Calming Strategies Keep Log of Calming Strategies. 1)Count to Ten 2)Listen to music</p>
<p>Fairness/Sharing Play a board game or card game with someone. Use good sportsmanship skills you have learned.</p>	<p>Kindness We know that showing respect and following the Golden Rule applies to everyone! Make it your mission to look for the good in everyone. Give three compliments to each family member on a daily basis. By showing this kind of respect, you can promote positivity in your home. https://www.storylineonline.net/books/my-rotten-redheaded-older-brother/</p>	<p>Internet Safety Research NetSmartz Safety Presentation: Being a Good Digital Citizen. Create comic strip.</p>
<p>Emotional Awareness Just for fun! Find something you can use to make a pretend magical wand. (a stick, pencil, spoon, spatula). Decorate it. Think of something you want to wish for. Do you have the power to make that wish come true?</p>	<p>Mindfulness 5 senses exercise (find a quiet spot and sit still) 5-things you see 4- things you currently feel 3-things you hear 2-things you smell 1-thing you taste (write a paragraph about the experience)</p>	<p>Career Development Write out future career that interests you.</p>
<p>Respect https://www.youtube.com/watch?v=WaddbqEQ1NE https://www.youtube.com/watch?v=G3u-iUvANN8-- Listen to the story and then listen to the Learning Stations children's song that accompanies it. Pick someone in your house and teach about bucket filling. Then pick one bucket filling activity.</p>	<p>Careers Visit https://vacareerview.org Click K-5: visit "Career Town" Also browse the "kids search"</p>	<p>Goal Setting Interview a family member about their goals in life.</p>
<p>Self-Control/Listening Skills Play a game of Simon Says, Red Light Green Light or a game of Freeze Dance. (Music of your choice plays and when it stops you freeze in your action.)</p>	<p>Kindness Make a Kindness Poster for your classroom</p>	<p>Hide 'n Feel Create a list of all emotions. Write each one on its own piece of paper. Hide them around the house. Have another family member search for them.</p>

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WEEK 2 (March 30- April 3, 2020)

Directions: Select one activity per day to complete. These activities are optional for students to complete.

KG & 1 st Grade (15 minutes)	2 nd & 3 rd Grade (30 minutes)	4 th & 5 th Grade (30 minutes)
<p>Self Care Draw a picture or take a picture with a cell phone of your house and list 3 things you like doing inside of your house and 3 things in your yard. Do one thing from each and have fun!</p>	<p>Responsibility www.storylineonline.net Watch: Garbage Barge Once finished, clean up around the house, take out the trash, and pick up garbage in your yard/sidewalk area</p>	<p>Empathy Read a story or watch a TV show. Identify feelings of the characters.</p>
<p>Emotional Regulation Draw a picture of your entire body. Worry starts in our brain but moves to other parts of the body. Circle on your picture where your body right now where you feel worry. 1. Tell a person at your house about your picture. 2. Take 3 deep breaths. 3. Think about where you feel really happy. 4. Play something you love to do!</p>	<p>Careers Interview a family member about their career. Draw a picture of that career</p>	<p>Kindness Matters! Perform one act of kindness. 1) Do a chore without being asked. 2) Call a loved one.</p>
<p>Self Care Draw a self portrait--- make sure to have your body with legs, arms, ears, feet and hands, head! Using more than 3 colors complete your drawing. Circle the 3 parts you like the best and share with someone why.</p>	<p>Emotional Regulation Do you sometimes feel stressed or worried? Name two things that can cause you to feel that way. Write five positive things to do when you are feeling stressed. Some examples to get you started are: exercise, talk to someone you trust</p>	<p>Gratitude Journal 1. Write about something good that happened to you. 2: What is one thing you love about yourself?</p>
<p>Kindness https://www.youtube.com/watch?v=IYWJDnclZYE Words can be soft or harsh. Find something in your home that is soft and something that is harsh. Think about words that would be soft (kind) to use and those that are harsh(unkind).</p>	<p>Kindness List three positive comments about each of your family members.</p>	<p>Mindfulness: 1. Start to take a slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon. Expand your belly as much as you can. 2. Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.</p>
<p>Relaxation Many different relaxation and yoga stories are available to choose from. Listen and follow the directions as they are given and feel your body relax. https://www.youtube.com/watch?v=KAT5NiWHFIU https://www.youtube.com/watch?v=02E1468SdHg</p>	<p>Respect Choose a game or activity that you can play with a family member. (for example: cards, Monopoly, or other board games) Before playing, discuss what it means to play fair Use a specific method of deciding who gets to go first (oldest to youngest, or whoever rolls the highest number on the dice, or play rock paper scissors) While playing, show respect by complimenting the other person as you play.</p>	<p>Study Skills Research visual, read-write, auditory, and kinesthetic learners.</p>

**2019-2020 Aberdeen Public School Social Emotional Learning
WEEK 3 (April 6- April 8, 2020)**

Directions: Select one activity per day to complete. These activities are optional for students to complete.

KG & 1 st Grade (15 minutes)	2 nd & 3 rd Grade (30 minutes)	4 th & 5 th Grade (30 minutes)
<p>Emotional Regulation Take a moment or two to sit outdoors. Listen carefully to the sounds of the environment. Focus on taking deep, relaxing breaths.</p>	<p>Emotions Read a book. Name three emotions the character is feeling and why.</p>	<p>Worry or Anger shield Create one anger shield. Draw strategies to combat anger.</p>
<p>Soft Words Find something in your house that feels soft and something that feels rough/harsh. What words can you think of that are soft? What words can you think of that are harsh? Please remember to be focusing on using your SOFT words especially during this time.</p>	<p>Kindness Think about the elderly who are not able to see their loved ones right now. How do you think they are feeling? What feelings do you think you have in common with them? Write a letter and/or draw a picture for an elderly person that you know (such as a grandparent) or for a nursing home resident. You can simply greet them, wish them well, and let them know that you are thinking about them. Ask your parent/guardian to mail this to your relative or to a local nursing home. https://www.storyonline.net/books/wilfrid-gordon-mcdonald-partridge/</p>	<p>Calming Strategies Keep Log of Calming Strategies. 4)Think Happy Thoughts 5)Exercise</p>
<p>Internet Safety www.netsmartzkids.org Click on Resources (on top gray tab), scroll to the bottom and locate the K-2 information (Be Safer Online with Netsmartz). (Family activity)</p>	<p>Calming Strategies List 10 calming strategies you know. Can you add 5 more new ones from someone at home?</p>	<p>Career Development Interview a family member or research the internet on a career.</p>
<p>Self-Acceptance www.storyonline.net/books/carlas-sandwich/ Create your favorite sandwich with ingredients from home and enjoy. Invite a family member to join you.</p>	<p>Self Care Play a board game with a family member Next, take 15 minutes to read or draw a picture of your favorite childhood memory.</p>	<p>Kindness Matters! Perform one act of kindness. 1) Pick up litter 2) Hold the door for someone.</p>
<p>Feelings Draw out feelings you know on slips of paper. Make sure to have 2 of the same. Mix up the drawings and lay face down. Try to get a match by flipping one slip over at a time. If you get a match you tell a time you felt that way. If no match, next person goes. Try to remember where you saw the feelings located.</p>	<p>Self-Acceptance www.storyonline.net/books/carlas-sandwich/ Create your favorite sandwich with ingredients from home and enjoy. Invite a family member to join you.</p>	<p>Goal Setting: Answer these questions: 1) What is your goal for today? 2) What is your goal for this year?</p>

If you or your child need assistance for mental health or social/emotional support, please reach out to one of the local resources below.

Breakthrough Psychological Services: 605-725-5505	Dakota Counseling Group: 605-725-9565
Lutheran Social Services: 605-229-1500	Northeastern Mental Health Center: 605-225-1010
Footsteps Counseling: 605-725-2155	Professional Counseling Services: 605-229-2029
Northern Plains Psychological Associates: 605-225-3622	Helpline Center: call 211 or email: help@helplinecenter.org
Emergency: 911	National Suicide Prevention Lifeline: 1-800-273-8255