

SEL TEACHER ACTIVITIES



August & September

Ice Breakers

Two Truths and a Lie

Ask students write down 3 statements: 2 true and one false. Ask students to share and the rest of the class will guess which is the lie.

Questions

- Who's the funniest person you know?
- What can you do today that you were not capable of a year ago?
- What's your favorite food?
- Ask students to choose a word to describe them and explain why they chose that word



Closing Activities

Teacher gives a prompt relating to the lesson (or anything) . One person guesses while the rest of the class acts it out examples: swimming, surfing, walking a dog, making a cake.

Follow the Instructions

Teacher (or teacher can give student) instructions to read or a picture.to describe. While the instructions are being read, the rest of the class will try to follow the instructions or draw the picture from a description.

Questions

What is something that you are thankful about today?

What is one word that describes how you're feeling as the day is about to end?



Mindful Practices

MINDFULNESS 5-4-3-2-1

5 Things you can See

4 Things you can Touch

3 Things you can Hear

2 Things you Smell

1 Thing you can Taste

Hand Tracing

Deep breathing using your hand.



"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers." ~Thich Nhat Hanh