

SEL TEACHER ACTIVITIES



December

Ice Breakers

Music Drawing

Play instrumental music for a few minutes while the students draw what they hear. Share with the class what they drew.

Personal Crest

Ask students to draw a large shield or crest that is divided into five sections.

Within each of the five sections, instruct participants to draw a symbol that expresses any one of the following: a belief, a fear, a personal goal, a personal accomplishment, a role model, a favorite food, a talent, a hobby. Encourage them to draw pictures, not words. Have students share their work.



Closing Activities

Pat yourself on the back. Share something that you are proud that you accomplished today

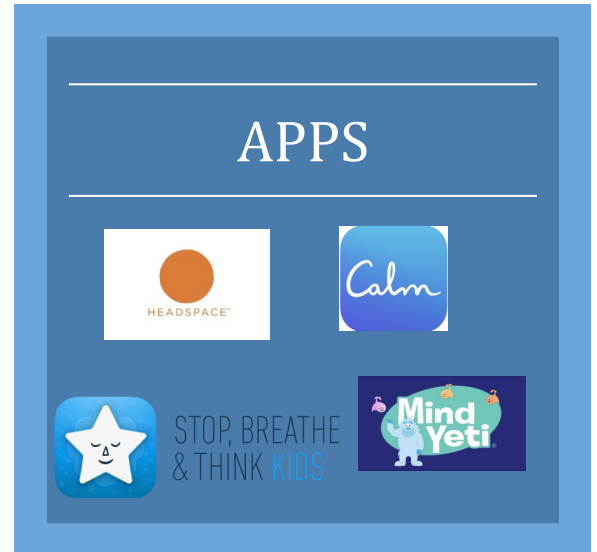
Questions

What do you like about yourself?

What makes you feel strong?

Brilliant things happen in
calm minds. Be Calm.
You're Brilliant.

Headspace Mindful Moments



Mindful Practices

BLOSSOMING FLOWER ARMS: Begin sitting in a tall seated position and lift your arms out to the side, palms up, until your arms are shoulder level and parallel to the ground. Breathing in, touch your shoulders with your fingertips, keeping your upper arms horizontal. Breathing out, open your arms to the horizontal position, stretching your palms open.

Reflection Question: How does this feel if you focus on energizing your fingers each time you extend your arms?

Elementary School

[Shake It Up](#)

Middle and High School

[Mini Meditation – Breathe](#)