

# SEL TEACHER ACTIVITIES



February 2021

## Ice Breakers

### Stand Up If...

Read a series of statements which may be true of various participants.

Tell students that if the statement is true for them, they should stand, then sit down again before the next statement is read.

Examples:

“Stand up if you like chocolate”

“Stand up if you have a brother”

“Stand up if you have been judged by your skin color”

## Closing Activities

Wrap up the day by having the students create a quick piece of art related to the lesson. Share with the class.

Student chooses two questions from a generic list to respond to about the day’s lesson.

1. The thing that made the most sense to me today was...
2. One thing that I just don’t understand is...
3. When someone asks me what I did in math today, I can say...
4. One thing I would like more information about is...
5. I need more examples of... 6. I enjoyed...



## Mindful Practices

[Pop Check-In Video](#) Thumbs up, Thumbs to the Side, Thumbs down -Owning your feelings.

[SEL Activity](#) Draw & Rip (9 min)

“Your actions are your only true belongings.” ~ Allan Lokos