

SEL TEACHER ACTIVITIES



January

Ice Breakers

Firsts

Ask students to introduce themselves to others in the room and to share a “first” such as first movie, first time they rode a bike, first day of school experience.

Postcard

Ask students to review the activities and experiences of the day or week. Ask them to think about how they would share those experiences with someone via a post card. Ask students to draw their postcard image on an index card.



Closing Activities

Movement options:

- Overhead stretch
- Arm circles
- “Invisible” jump rope
- Jumping jacks

Questions

What do you like about yourself?

What makes you feel strong?

What’s something you want to accomplish this school year?

Mindful Practices

Elementary School

[Counting Breaths](#)

Middle & High School

[Bring it Down](#)

“We can’t always change what’s happening around us, but we can change what happens within us.” -[Andy Puddicombe](#),
Headspace co-founder