SEL TEACHER ACTIVITIES

JISD JUDSON INDEPENDENT SCHOOL DISTRICT

March 2021

Ice Breakers

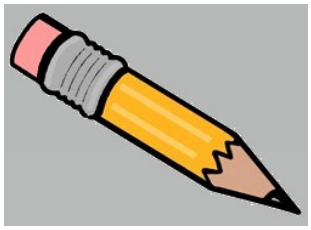
Stretching

You may have everyone stand up, bend over and touch their toes

Then slowly roll their bodies up until they are standing tall with hands stretched to the ceiling. This can be done with sounds or coordinated breathing (breathe in as you go up and let it out as you relax)

Write it up

Think about your morning so far, If you could release one thing and 'let it go' to improve your day, what would it be? Use scratch paper and write it down. When finished, everyone rips up the paper .



Closing Activities

Thumbs Up/Thumbs down

Ask questions that can be answered thumbs up/down/sideways, ask for explanation of the decisions

Quick doodles Doodle

Draw two or three ideas learned to-day.

Mindful Practices

Elementary School

Mindful Line Drawing

Middle & High School

5 Part Breath (9 minutes)

"The best way to capture moments is to pay attention. This is how we cultivate mindfulness." ~ Jon Kabat-Zinn