

# SEL TEACHER ACTIVITIES

## November



### Ice Breakers

#### Bubble Names

Ask students to draw the letters of their names using large open-spaced bubble letters. Inside the letters, ask students to draw facts about themselves (ex. Favorite food, hobbies, birthplace, etc). When everyone has finished have students present.



#### Copy my rhythm

Create a rhythm with clapping snapping, knee slapping or whatever else you can think of to create noise with your hands. Ex. Clap hands twice. Next student adds a beat, tap, or snap. Continues until all students in group have added a sound.

### Closing Activities

Challenge/encourage students to do something kind or thoughtful for someone else before the day ends. Share their acts of kindness the next time you meet.

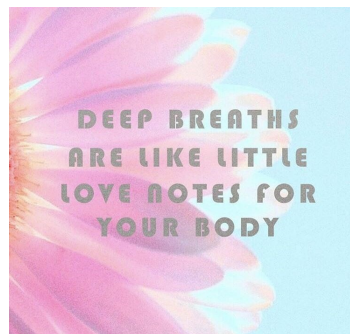
Ask students to say one word that sums up an important learning for the subject or day

#### Elementary School

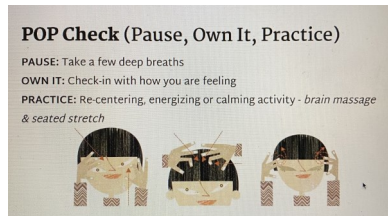
[Cooling out breath](#)

#### Middle and High School

[Underlying Calm](#)



### Mindful Practices



#### Brain Massage

Close your eyes and take a deep breath. Open your eyes and tap your fingertips on your forehead (pause for 5 seconds), tap your fingers on your cheeks (pause for 5 seconds) and on your chin (pause for 5 seconds).

#### Grounding

Stand up, tap your feet on the floor softly paying attention to how it feels on the ground. Roll your shoulders a few times noticing how that feels. Take three deep breaths noticing how different your body feels