

SEL TEACHER ACTIVITIES

October



Ice Breakers

Name and Motion

Have student say their name and perform a motion. Everyone repeats their name and motion. Add student names and motions one at a time until the class has done everyone's name and motion.

A Rose, Bud and Thorn

Have students write or say one of each of these:

A Thorn: One thing that was challenging, that they would have lived to be different or something they did not enjoy.



Bud: A new idea they hope to develop

Rose: Something that was positive, something they are proud of, something they liked

Closing Activities

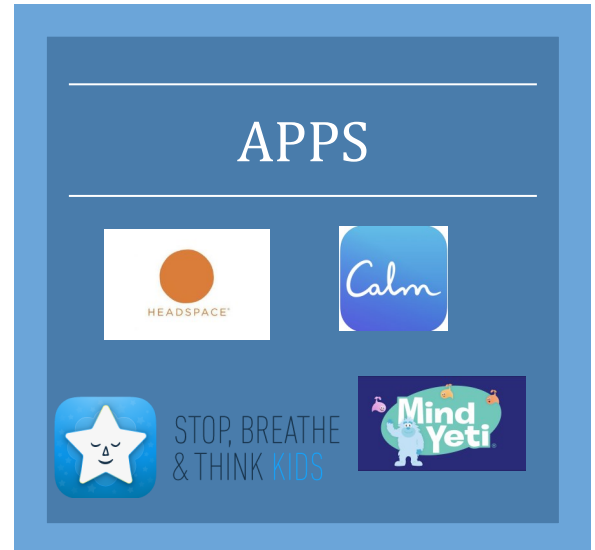
Let's give ourselves a calming head massage place two fingers on the side of your head. Move your fingers in circles for the count of 10 deep, breaths.



Questions

What's one thing you enjoyed about today?

Share a "teaser" about the next day so they have something to look forward to.



Mindful Practices

POP Check (Pause, Own it, Practice)

Pause: take a few deep breaths

Own it: Check in with how you are feeling

Practice: Re-centering, energizing or calming activity (whatever the class needs in the moment)

Elementary School

[Bulldog finds his Quiet place](#)

Middle & High School

Mini Meditation – [Let Go of Stress](#)

