

Social and Emotional Learning (SEL) Summer Challenge

The following weekly activities are part of the St. Johns County **#SELSummerChallenge**. We want to encourage students to continue developing their social emotional skills outside of school. Each week has a different task focusing on either an SEL competency or a CHARACTER COUNTS! Pillar. To participate, complete the task and take a picture of it. Send your submissions to David Barnes at David.Barnes@stjohns.k12.fl.us. Your submission will then be posted to the school district's social media pages. When submitting, be sure to include your **name, age, grade, and school**.

Week	Topic	Challenge
Week 1 June 14	Fairness & Caring	Each day this week, write down three specific things you are grateful for and explain why you are grateful for them. Take a picture of one of item from your lists and give a longer explanation of your gratitude.
Week 2 June 21	Self-Awareness	Set aside a few minutes each day, three times per day, to evaluate how you are feeling. Use the Yale Center for Emotional Intelligence Mood Meter to expand your emotional vocabulary. Choose an emoji that represents your feeling about the week, provide the emotion word, and a brief explanation.
Week 3 June 28	Self-Management	<p>When you are feeling anxious, panicked, angry, or any other intense emotion, your brain focuses on the emotion instead of the physical world around you. This week, practice the following grounding technique. Take a picture of something you appreciated while using this technique.</p> <p>5 Physical Senses Identify the following using your physical senses.</p> <ul style="list-style-type: none"> • 5 things you see • 4 things you feel • 3 things you hear • 2 things you smell • 1 thing you taste
Week 4 July 5	Citizenship	Participate in an event or volunteer experience that directly benefits your local community (examples: beach cleanup, working at food bank, etc.). Give a brief description of your favorite part of the experience.
Week 5 July 12	Social Awareness	Demographic diversity is an exciting opportunity to learn about cultures different from your own. It can broaden your perspective and help you see things from more than one vantage point. This week, learn about a different culture that you interact with regularly. Take a picture and provide a description of the most interesting thing you learned.
Week 6 July 19	Relationship Skills	This week, participate in a team or partner activity. The activity could be playing on a team, solving a problem, accomplishing a task, or any other non-individual task. Take a picture and provide an explanation of the benefits of working with others.
Week 7 July 26	Responsibility & Trustworthiness	Take time to think of something that you could be proud of doing (examples: exercising, volunteering, caring for others, etc.). Take a picture of you completing that activity and write an explanation of why others should replicate your activity.
Week 8 August 2	Respect	Students often hear the importance of respecting others (peers, teachers, administrators, etc.), but do not hear about respecting themselves. Think of at least two reasons why you deserve respect. Take a selfie and explain your reasons.
Week 9 August 9	Effective Decision Making	If you fail to plan, you plan to fail. This week create two S.M.A.R.T. goals for the coming school year. One goal should be academic, and one should be personal. Take a picture of the S.M.A.R.T. goal you want to share.