



## Social Emotional Learning Activities for Counseling

6<sup>th</sup> – 8<sup>th</sup> grade

1. Write a Journal once a week about a topic of your choice to be shared when you return to school (Ideas – write about how you are feeling, a time when you solved a problem, soothing exciting that has happened to you, a time when you felt overwhelmed, the things you are grateful for, etc.).
2. Draw or color for relaxation (see attached coloring pages if needed.).
3. Stretch for 2 minutes – talk with someone or write about how you feel.
4. Go on the YogaEd YouTube channel and select a video to try.
5. Read a book and think about different emotions that the characters are feeling.
6. List the things that you feel grateful for.
7. Practice sitting still and quiet for 5-10 minutes, write about what you heard and felt during that time.
8. Make a list of goals for the week/month/year and check the list every day to see your progress.
9. Paint, color, doodle, create a collage, or any artwork to share when you return to school.
10. Talk to a parent, friend, or family member about how you are feeling and check in on how they are feeling.