



Social Emotional Learning Menu

3rd – 5th grade

Talk about what activities you can do when you are feeling overwhelmed.	Go to YogaEd youtube channel and select a video to try.	Practice belly breathing.	Write about a time that you felt happy.
Talk about 5 things you are grateful for.	Write or draw about a time you had a problem to solve with friends.	While reading, think about different emotions the characters are feeling.	Practice mindful coloring (See attachments.)
Talk about 3 ways you can make friends/include new people.	Practice sitting still for 2 minutes – notice the sounds you hear.	Talk about what you do when you are upset.	Talk about 3 things that lead to positive feelings.
What are three coping skills you can use when you are upset?	Talk, write, or draw about a time you showed or received empathy.	Stretch for 1 minute – talk about how you feel.	Read a book and discuss moments of caring.
Tell about a time that you felt sad.	Who are people that you are comfortable going to when you are upset?	What are 3 questions you can ask if you want to be friends with someone?	List 5 things you can see, 4 things you can hear, 3 things you can feel, and 1 thing you can taste.