

WELCOME TO OUR SOCIAL-LEARNING ACTIVIES GUIDE!

Dear Students and Families,

Hello From your Counselors!

In this slide show, you will find fun activities that will help you with emotions, self-control, movement, and much more!

We encourage you to try these activities when you need a break or something fun to do!

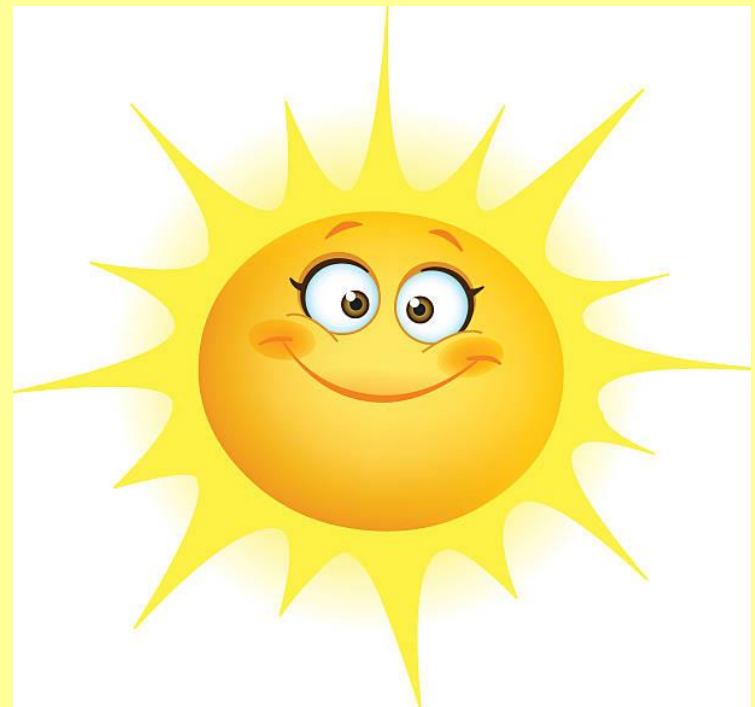


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Calming Activities (Optional)

Take a rainbow
breath!
[Click here!](#)

Sleep is important!
Find out much you
need [here!](#)

Taking a breath
and staying calm is
important! [Check
this out!](#)

Bulldog finds a
quiet place!
[Click here!!](#)

Square Breathing!
[Check this out!](#)

Teaching children
Mindfulness
[Learn more here!](#)

Mindfulness Cards
(printable or view
them from a
device) [Click here!](#)

Learn about
worrying with
Wemberly!
[Click here!](#)

My Magic Breath
[Listen here!](#)

Movement Activities (Optional)

ABC Yoga
Try it out!

Energize your
body!
Check this out!

Do the Milkshake!
Try it here!

Make "Purple
Stew" here!

Have fun with the
Action Song here!

Ride a rollercoaster
here!

Play the Freeze
Game here!

Do the Hokey
Pokey here!

Find the dragon
using yoga!
Try it here!

Integrity (Optional)

What is integrity?
[Find out here!](#)

Watch a short
video about integrity
[here!](#)

Sing along!
[Click here!](#)

The Boy Who
Cried Bigfoot
[Listen here!](#)

Ants can show
integrity too!
[Find out how!](#)

I'm Telling the
Truth
[Interactive Read
Aloud](#)

Play a game about
being kind [here!](#)

Build a Kindness
Tree! [Learn how
here!](#)

Sing about
kindness [here!](#)

Coping with Feelings Activities (Optional)

It's normal to feel stressed.. [Click here](#) for a lesson on stress!

Handling our emotions is important! Check this out! [Click here!](#)

Learn about feelings with The Color Monster!
[Listen here!](#)

Guess the feelings [here!](#)

Emotions and Feelings with Como!
[Watch here!](#)

Find out why we have feelings [here!](#)

[Listen to the story](#)
Listening to my body

Sing with Daniel Tiger about different feelings and situations [here!](#)

Learn about emotions with the Story Bots!
[Check it out!](#)

Self-Control Activities (Optional)

A Self-Control song!
[Listen here!](#)

Learn more about
the Zones of
Regulation!
[Click here!](#)

[Listen to the story](#)
[Even Superheroes](#)
[Have Bad Days](#)

Can Howard B.
Wigglebottom learn
to listen?
[Find out here!](#)

Play a self-control
game with Cookie
Monster [here!](#)

Meet Louis and read
about why his mouth
is a volcano [here!](#)

Practice
Self-Control with
Cookie Monster!
[Click here!](#)

Learn why keeping
your hands to
yourself is important
[here!](#)

[The Interrupting](#)
[Chicken](#)
[Listen here!](#)

Activities when you are frustrated! (Optional)

Explore your feelings with games [here!](#)

Belly Breaths!
[Take them here!](#)

Esme and Roy take Belly Breaths!
[Watch here!](#)

You Get What You Get
[Listen here!](#)

Learn about frustration with Grover!
[Watch here!](#)

Recognize your emotions!
[Find out how here!](#)

Find out how Howard B. Wigglebottom controls his anger [here!](#)

Record and talk about your feelings [here!](#) If you don't have a printer, a blank sheet of paper will work!

The Very Frustrated Monster
[Listen here!](#)