

THE Counseling CONNECTION

Elementary Social Emotional Learning Summer Activities

Why Continue SEL in the Summertime?

Hooray! It is summertime! Summer break is such an important time to relax and enjoy fun activities with family. Summertime also provides us with a unique opportunity to continue to strengthen our academic and social emotional skills. Social emotional learning involves developing self-awareness, self-control, and interpersonal skills. Research shows social emotional learning positively impacts academic achievement, behavior, and healthier life choices. All great outcomes for our children. SEL apps, websites, and activities are included to assist you and your children in sharpening their social emotional skills!

Happy Summer & Happy Practicing!

[Social Emotional Learning: What is SEL Why SEL ?](https://safeshare/fus) <https://safeshare/fus>

SEL Websites to Use:

[Sesame Street – Little Children Big Challenges](https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/)

<https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/>

[Captain Compassion](https://www.cfchildren.org/resources/bullying-prevention-information/)

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[Mind Yeti](https://www.mindyeti.com)

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[PBS Kids Feelings Games](https://pbskids.org/games/feelings/)

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SEL Apps to Use:

[Wellbeyond Meditation for Kids](#)

[Touch and Learn - Emotions on the App Store](#)

[Scribble Press - Creative Book Maker for Kids on the App Store](#)

[The Imagine Neighborhood – Podcast for Kids and Families](#)



STAYCATION CHECKLIST



- How long will staycation last? _____
- Budget for food _____
- Budget for activities _____
- What rules will you put in place for your staycation?

- ☐ No Working From Home
- ☐ No Smart Phone
- ☐ No Email
- ☐ No Computer
- ☐ No Video Games
- ☐ No Television
- ☐ Family Time Only (No Friends)
- ☐ No Cooking
- ☐ No Cleaning
- ☐ No Laundry

- What activities will you coordinate?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Name: _____

SUMMER PRACTICE

Challenges

- ☐ 1. Lay on the ground and find shapes in the clouds.
- ☐ 2. Help an adult make dinner and follow a recipe.
- ☐ 3. Make a new friend.
- ☐ 4. Do something new that you have been nervous to try.
- ☐ 5. Do something nice for a neighbor or someone younger than you.
- ☐ 6. Compromise with a friend.

Draw a time you had to calm down:



3 Goals I Have for Summer:

1. _____

2. _____

3. _____

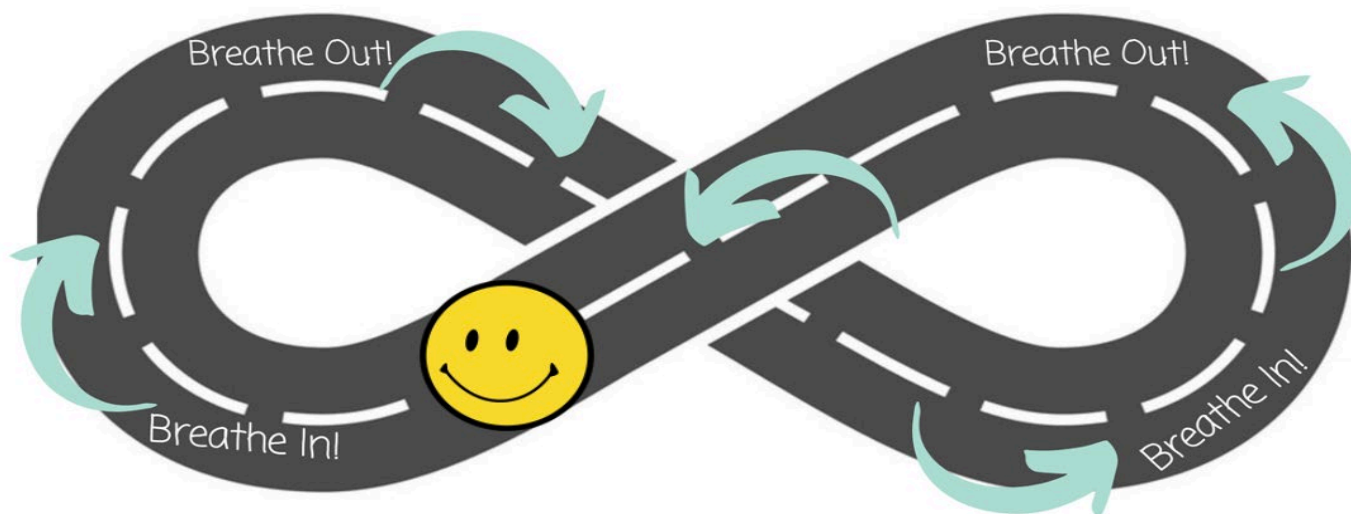
Draw or write about a time you were SAD or DISAPPOINTED and how you acted:

A large empty rectangular box for drawing or writing.

Calming Down Strategies: Lazy 8 Breathing & Mindfulness

Let's Breathe!

Take the smiley face and move it around the shape. Follow the directions along the arrows.



- 5 Things you see... 
- 4 Things you feel... 
- 3 Things you hear... 
- 2 Things you smell... 
- 1 Thing you taste... 

How did this activity make you feel?

Grounding Activity

5, 4, 3, 2, 1, grounding is a calming technique that helps you focus on the present by using your five senses and to notice and focus on things currently around you. This brings you back to the present, rather than overthinking about the past or future.

Ways to Calm Down...

Read each strategy. If you think it's a good strategy for calming down, cut and paste into the "GOOD IDEA" box. If you don't think it is a good strategy for calming down, cut and paste it in the "BAD IDEA" box.

GOOD IDEA

BAD IDEA

Push or hit
someone

Yell at
someone

Calm your
body

Count to
10

Stomp
your feet

Throw
something

Tell
yourself
you can
handle it

Take deep
breaths

Give
yourself
space from
others

Pout

Share how you are feeling using an "I" message

"I" Message

I feel _____

When: _____

Because I value: _____

Would you be willing to _____





Summer Sensory Fun



July 2020

Murrieta Valley Unified School District

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Remember you are your child's BEST toy</p>	<p>Help them spend time learning about moving their bodies.</p>	<p>1 Make cookies; roll them out & use cookie cutters.</p> 	<p>2</p>  <p>Make a necklace with pasta or rolled paper</p>	<p>3 Color a flag and put up outside</p> 	<p>4</p>  <p>Lay on a blanket, look up to the sky and watch fireworks!</p>
<p>5 Learn to pump on the swing</p> 	<p>6</p>  <p>Get out a board game. Use two cupped hands to shake the dice</p>	<p>7 Get out a game that uses tweezers and play</p> 	<p>8 Climb up slides and ladders at the playground</p> 	<p>9 Chew gum and try to make bubbles</p> 	<p>10 Make a bowling game with empty bottles at home</p> 	<p>11 Play dough. Roll and cut</p> 
<p>12 Take a paper bag and make a puppet.</p> 	<p>13 Practice yoga and deep breathing</p> 	<p>14</p>  <p>Pitch a tent and spend some time inside.</p>	<p>15 Ice a cake and lick the spoon.</p> 	<p>16 Blow bubbles</p> 	<p>17 Play tug-o-war</p> 	<p>18 Play flashlight tag</p> 
<p>19 Use a watering can to help water plants</p> 	<p>20 Make a card and send to someone</p> 	<p>21 Get out toys that make noise and you blow</p> 	<p>22 Play catch with a friend</p> 	<p>23 Play dress up with old clothes. Have a fashion show</p> 	<p>24 Play cards, sort, match, games, high /low...</p> 	<p>25 Take a swim</p> 
<p>26 Use blocks to build</p> 	<p>27 Play alphabet eye-spy</p> 	<p>28 Dance – turn on some music and move that body to the rhythm</p> 	<p>29</p>  <p>Make a card for your Mom. color, cut, & glue</p>	<p>30</p>  <p>Find a round rock, paint it to look like a pet</p>	<p>31 Lick your favorite ice cream</p> 	