

# Third – Fifth Grade Social-Emotional Activities - Unit 1

Here are some suggested activities to help students with their social and emotional wellbeing.

Mrs. Ryder’s office hours are from 11:00 A.M.–12:00 P.M. Monday – Friday.

E-mail ([ryderj@district87.org](mailto:ryderj@district87.org)) to tell her how you are doing!

Monday, April 6	Tuesday, April 7	Wednesday, April 8	Thursday, April 9	Friday, April 10
Do one “Random Act of Kindness” at home (help clean up, create something for someone you care about).	Make a list of coping skills you can use to help with uncomfortable emotions.	Write down your favorite way to solve a problem. Remember STEP. <b>S</b> ay the problem, <b>T</b> hink of solutions, <b>E</b> xplore consequences, <b>P</b> ick the best solution.	Read a book you like and write down 3 sentences that include the emotions of each character.	Write about a time you felt angry, happy, sad, scared, etc.
Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17
Go for a mindful walk. Pay attention to what you hear, what you see, and how the outdoors feel. Notice the colors around you.	Write down 3 things you are grateful for. Share them with those around you.	Listen to music that makes you feel happy. Dance around to the music.	Practice your breathing. Try a belly breath, triangle breathing, figure 8 breathing, and 5-finger breathing.	Write a letter to someone you are thankful for.

## Reflection Space

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