

Third – Fifth Grade Social-Emotional Activities - Unit 2

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) to tell her how you are doing!

Monday, April 20	Tuesday, April 21	Wednesday, April 22	Thursday, April 23	Friday, April 24
Do one random act of kindness at home (help clean up, create something for someone you care about, etc.).	Reach out to someone who might feel lonely or isolated. Call, write a letter, or send a message to that person.	Tell a grown up in your family what you love best about him/her. Draw a picture about it and share it with that person.	Make a list of all the good things that happened to you today.	Make a list of all your family members. Write down your favorite thing about each one of them. Share it with them.
Monday, April 27	Tuesday, April 28	Wednesday, April 29	Thursday, April 30	Friday, May 1
Play a board game with your family. Take turns, practice patience, and show excitement and encouragement for those playing with you.	Draw a picture of all your friends. Under each picture write three positive characteristics of that friend. What you like best about each person?	Write in a journal at the end of the night. Reflect on your day. Make one goal for something you’d like to improve upon tomorrow.	Go outside. Walk, run, ride a bike, play basketball, etc. Just move your body and take in the fresh air.	Write down five emotions you felt today. Did they change throughout the day? Reflect on how your emotions adjusted.

Reflection Space
