

# K – Fifth Grade Social-Emotional Activities - Unit 3

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, May 4	Tuesday, May 5	Wednesday, May 6	Thursday, May 7	Friday, May 8
Do one random act of kindness at home. Bonus points if can do two acts of kindness!	Write down all the things that did not go so well today (one on each piece of paper). Now rip each one to shreds as you focus on letting it go. Make a plan for a better tomorrow.	Play the ‘Red Light, Green Light’ game. Practice listening immediately to directions. Keep personal space between you and your family members.	Find 5 emojis that represent all the feelings you had today. Tell an adult about those feelings and notice how they changed throughout the day.	Interview a family member how they are feeling about the ‘shelter in place’ and pandemic experience. Write or draw about it from their perspective.
Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14	Friday, May 15
Go on a mindful scavenger hunt. Find 8 objects. Once you have them, write down how they smell, feel, and look. At the end, decide which object you enjoyed the most.	Think of three things you struggle with. For each one, write or draw a positive affirmation you can say to yourself when you feel stuck or overwhelmed with those struggles. An example might be: “I can do hard things!” Bonus points if you share them loud and proud to your grown-ups at home.	Make a list of 15 different emotions. Write each one on a notecard. Play charades with a family member and have them guess which emotions you are acting out from your cards.	Practice your breathing. Go outside and find a dandelion. Take a huge breath and blow all the pedals off of the dandelion. Try to get them all off in one breath. Try this three times.	Cut out a paper heart. On the heart write/draw all the people who are helping/working to take care of others during this time (nurses, grocery workers, mail carriers, etc.). How do you think they feel right now? Is there a way you can thank them?
Monday, May 18	Tuesday, May 19	Wednesday, May 20	Thursday, May 21	Friday, May 22
Be a social spy. Watch two people on a TV show with the volume muted. Try to guess how they are feeling or what they might be talking about by using your social clues.	Write a letter or draw a picture for a neighbor or friend. Put it on their doorstep for them to find later. Think about how it may make them feel to find this.	Offer to help your grown-ups with a chore. Pitch in, be helpful, and don’t expect anything in return. Pay attention to how you made them feel.	If possible, download the app “Positive Penguins.” The app aims to help children understand their feelings and overcome negative thoughts.	Think about all the great memories you had during this school year. Write or draw your favorite memories and share it with your family.