

Social and Emotional Learning at  
Home for K- 2nd grade Eagles!

# Activity 1

“The only way to have a friend is to be one.”- Ralph Waldo Emerson

We can practice the Golden Rule  
with the people in our home.

**Be friendly:** Say “Good morning!” or  
“How are you?”

**Be polite:** Use an inside voice

**Be honest:** Tell the truth

**Be kind:** Use nice words

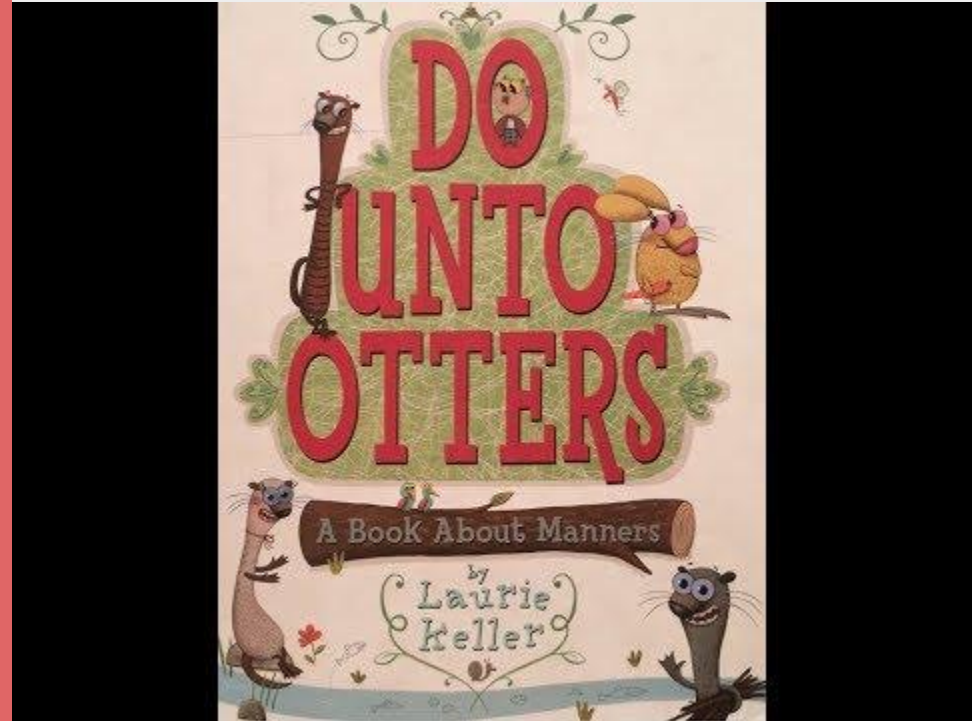
**Share:** Play together with your  
siblings

**Help each other:** Help clean up or pick  
up your toys

What else can you do?

# Do Unto Otters

By: Laurie Keller



# Activity 2

“It’s not what happens to you, but how you react to it that matters.” -  
Epictetus

**Before you watch:**

Predict what you think it will be about.

**After you watch:**

Why did Stick and Stone become friends?

What does it mean to stick up for someone?

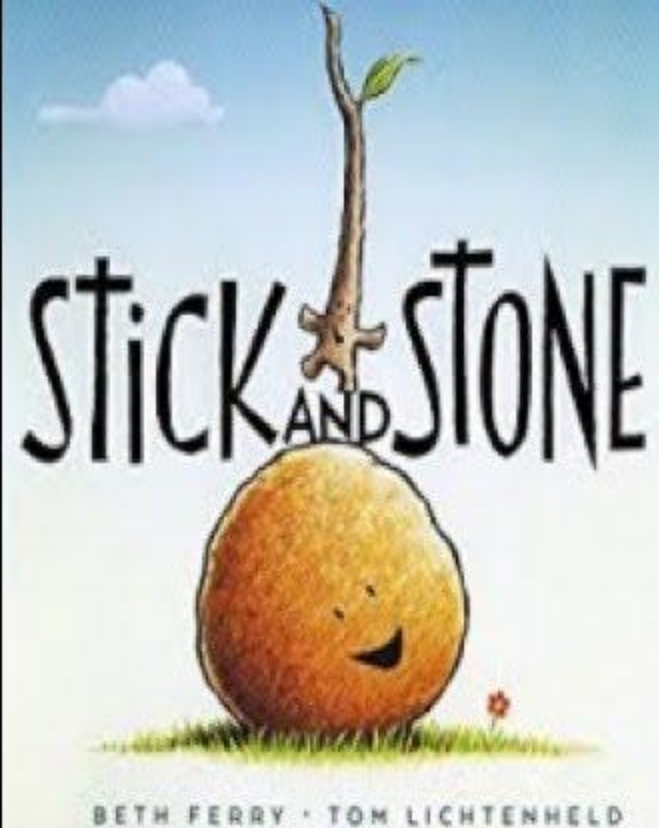
What kind of friend is pinecone?

What does the phrase “Stick, Stone. A perfect 10,” mean?

**ACTIVITY:** Draw a picture of yourself helping a friend.

Stick and Stone

By: Beth Ferry and Tom Lichtenheld

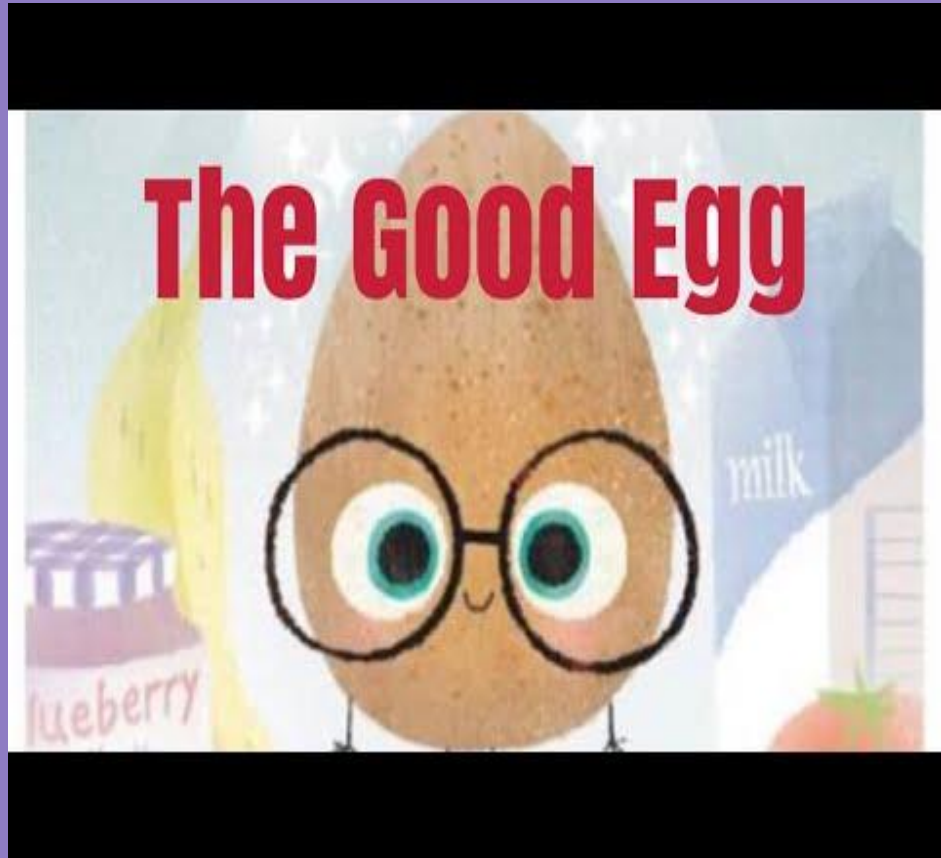


# Activity 3

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” - **Dr. Seuss**

# The Good Egg

By: Jory John



The Good Egg reminds us we don't have to be perfect and neither do the people in our house!

Try out one of the Good Egg's ideas for feeling better!

1. Take deep breaths
2. Paint or draw a picture
3. Play outside

# Activity 4

“We all can dance when we find music we love.” - **Giles Andreae**



## Count on Me

By: Bruno Mars



Help your friends count on you, even when we have to stay home!

**Think about:** How does this song and video make you feel?

### **Count on me:**

1. Draw pictures to post in your window. Friends on a walk can look for them.
2. Draw a card for a friend.
3. Ask an adult to help you call a friend to say hello!

# Activity 5

“You always pass failure on the way to success.” -Mickey Rooney


# Mindful Breathing Techniques

When you are feeling sad, excited, nervous, or if you need to calm down.

1. Find a quiet location.
2. Practice these 3 mindful techniques.
3. Think about how your body feels when you are practicing these mindful breathing techniques.

Which one was your favorite? Once you have picked one, teach one of your family members how to practice this breathing technique.

### Mindful Maze



TAKE A DEEP BREATH AND CLEAR YOUR MIND FOCUSING ONLY ON THE MAZE. USING YOUR NON-DOMINANT HAND, TRACE THE PATH WITH YOUR FINGER STARTING WITH THE CENTER LINE UNTIL YOU REACH THE END. FOCUS ON THE MOVEMENT OF THE MAZE AND BREATHING DEEPLY.

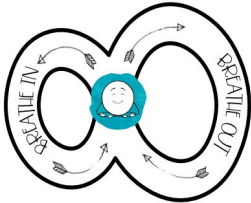
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### Grounding

-  DESCRIBE **5** THINGS YOU SEE
-  DESCRIBE **4** THINGS YOU FEEL
-  DESCRIBE **3** THINGS YOU HEAR
-  DESCRIBE **2** THINGS YOU SMELL
-  DESCRIBE **1** THINGS YOU TASTE

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### Lazy 8 Breathing



- PLACE YOUR FINGER ON THE DOT.
- TRACE THE 8 AND TAKE A DEEP BREATH AND THEN LET IT OUT

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# Activity 6

“Why fit in when you were born to stand out?” - Dr. Seuss

## Questions:

What is your favorite color? And why?

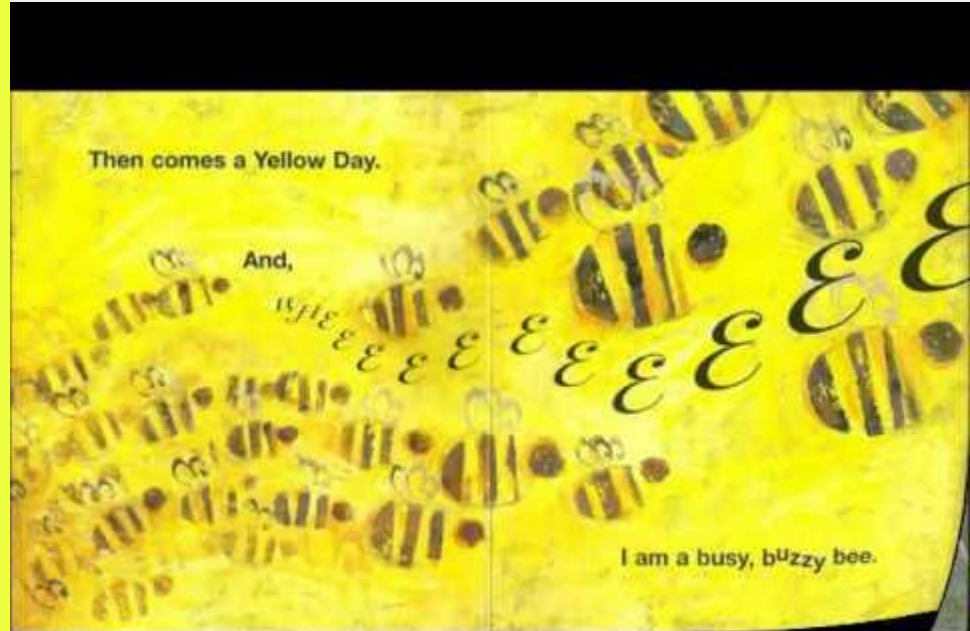
What color would you choose to explain being sad?

What color would you choose to explain being happy?

What color would you choose to explain being frustrated?

What color would you choose to explain being excited?

# My Many Colored Days By: Dr. Seuss



# Activity 7

“Make each day your masterpiece.” - John Wooden

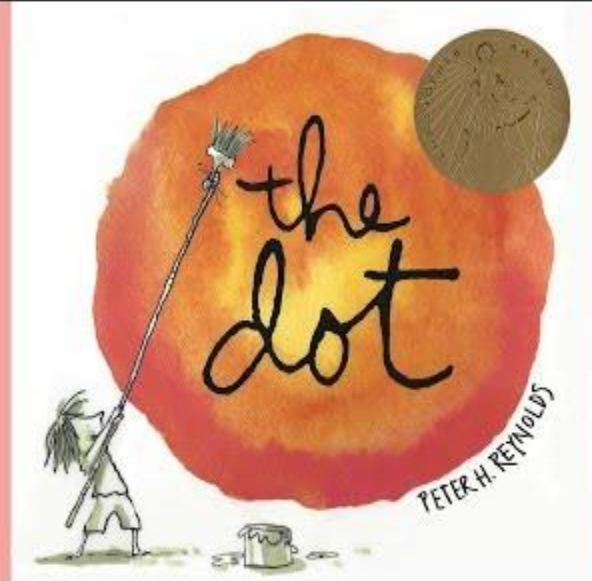
## ACTIVITY:

With someone in your house listen to the book and then both of you take a piece of paper and put a dot on your paper (think of it as a mistake). Now from that dot draw something.

A dot can lead to amazing things.

# The Dot

By: Peter H. Reynolds



SmuggleBug StoryTime

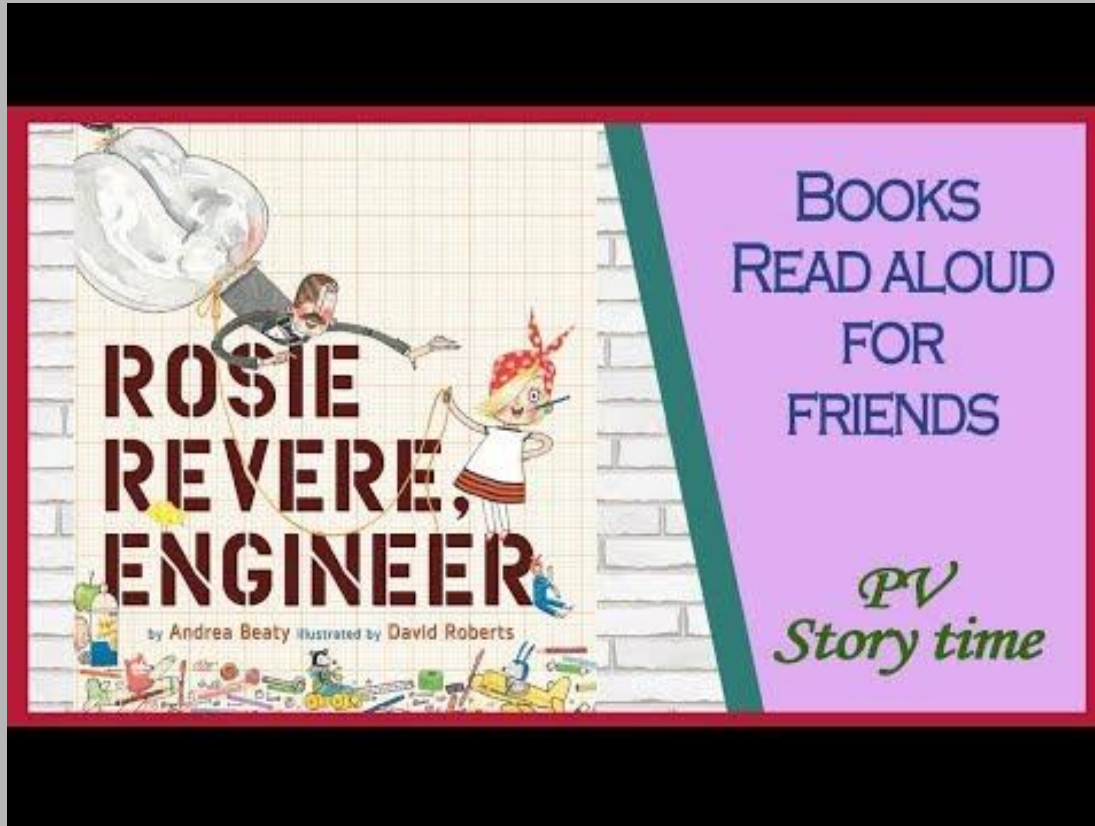
# Activity 8

“Do what you can, with what you have, where you are.” - **Theodore Roosevelt**



# Rosie Revere, Engineer

By: Andrea Beaty



# Being an Engineer



Now that you learned about Rosie Revere the Engineer how can you be an engineer/inventor at home:

## Things to think about:

- \*What is the name of your invention?
- \*What problem does your invention serve?
- \*What materials did you use to create your invention?
- \*How does your invention work?
- \*What is your favorite thing about your invention?

# LEGO Creations



Now that you learned about Rosie Revere the Engineer with LEGOs or Building materials:

- \*Create a playground structure.
- \*Create a new invention to help your family with chores.
- \*Build an animal habitat.
- \*Be creative and make something new.

# Activity 9

“We grow great by dreams.”-Woodrow Wilson

# Emotions Charades

Now that you know how to read someone else's body language. Write down a list of 10 emotions and play Emotions Charades with your family at dinner.

How to play: You act out an emotion and your family members need to guess. This can sometimes be tricky because there are many different emotions!

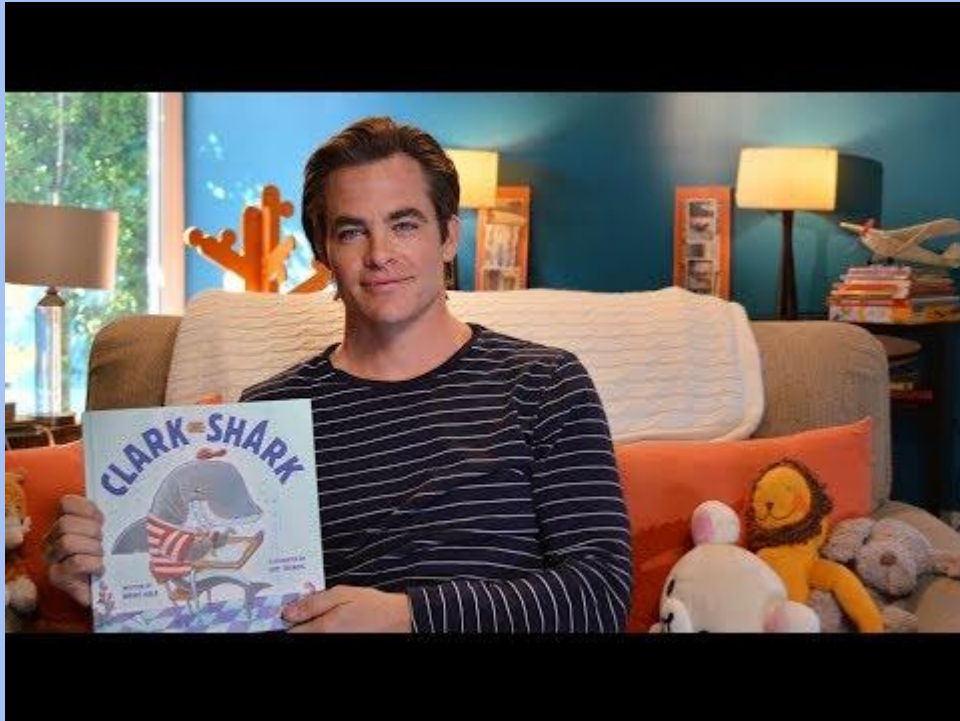


# Activity 10

“No one is perfect - that’s why pencils have erasers.” - Wolfgang Riebe

# Clark the Shark

## By: Bruce Hale



Clark has to learn there's a time and place for everything.

- Do you have rules in your class?
- Do you have rules in your home?
- Think about a time when you have been too loud or wild at home. What happened?
- What rules do you have at home to help everyone get along during our school closure?