

## **Social-Emotional learning support activities:**

Coping skills-Playdough vs. rock problems. The first step when faced with a problem is to figure out if you can control that problem. If it is a problem you can control, it is a “playdough” problem because it can be fixed by making a change (ask for help when stuck on homework, set an alarm if late for school...). Problems that can be controlled usually involve us, and problems that can't be controlled usually involve other people as we can control ourselves, but not others. “Rock” problems are those problems that can't be controlled or changed no matter how hard we try, since they are controlled by other people (moving away, death, divorce...). The only thing we can do with Rock problems is COPE with them. Coping skills are dealing with difficult situations in an ok way, such as talking it out, breathing, journaling, yoga, thinking about positive memories...

Making healthy choices means more than just eating the right foods. Making healthy choices also means taking care of our mental and physical health by exercising, helping others, keeping our environment and body clean, avoiding drugs, alcohol and tobacco, and using appropriate coping skills to deal with stress. Create a poster that promotes making healthy choices and or celebrating Red Ribbon week.

Are you a good friend? What characteristics make a good friend? Understanding the relationship between how we treat others and how we want to be treated can be the cornerstone of building strong relationships. Write out a “recipe” to make friendship soup. What ingredients would you put into a friendship?

Responsibility is:

- Being accountable for what you do, for your actions and behaviors
- Doing the right thing at the right time, so others can trust and depend on you
- Taking care of your property, yourself, and others
- Knowing what your job is, and doing it to the best of your ability
- Admitting to making a mistake, apologizing for it and taking steps to change it

Make a list of responsibilities that you have towards yourself, school, community, home and family.

Gratitude means feeling thankful and appreciative for what you already have. By recognizing what we are grateful for, we can add to our happiness and well-being. Make a list or draw a picture of what you are grateful for.