

Haines Daily SEL Activities- Quick hits!

These can be used as quick activities that promote SEL. I am providing this for the end of September beginning of October SEL activities. Please try them with your students and let me know how it goes.

Week Of Sept 28- Oct 2

	Monday, Sept 28	Tuesday, Sept 29	Wednesday, Sept 30	Thursday, Oct 1	Friday, Oct 2
PK-3	<p>Would You Rather (typing)</p> <p>This is to help students learn how to type in the chat.</p> <p>Choose some "WYR" statements: "would you rather have breakfast for dinner or dinner for breakfast" and have the students Type "A" for option 1 or Type "B" for option 2, then you can have them type longer words, eventually!</p>	<p>The Mute Game</p> <p>*requires a picture of a mute/unmute button* (I just quickly drew mine)</p> <p>Hold up a picture of a mute button and give students time to find the button. Hold up a picture of the unmute button and allow students to make noise! "Make an elephant noise" then hold up the mute button again, until everyone presses it. This will require <u>a lot</u> of patience, but they will learn how to use those functions, so that you won't always have to do it for them!</p>	<p>Go To Sleep</p> <p>Students love how silly this game is!</p> <p>Ask students to close their eyes and give them a prompt "when you wake up, you need to... Jump like a kangaroo Steer a pirate ship</p>	<p>Mystery Bag</p> <p>*Requires a bag and random items*</p> <p>Give students a theme of what the objects could be. They then ask yes/no questions to try and guess what each of the items in the bag are!</p>	<p>Freeze Dance</p> <p>Who doesn't love a good game of freeze dance?!</p> <p>You could also use this time to teach the students how to mute, every time they "Freeze"</p>

<p>4-5</p>	<p>Pass the Stretch</p> <p>Gets everyone moving and students learn cooperation and listening!</p> <p>Have students, one-by-one, demonstrate and lead a stretch, and pass it on the next person. You can do this randomly, or by going alphabetically. (think neck rolls, wrist rolls, side bends, etc).</p>	<p>Blind Drawing</p> <p>This is a fun one!</p> <p>Have students cover their eyes in some fashion: blindfold, blanket, hoodie. And call out an object they have to draw (animals are always an easy go-to), and have them try and draw it blindfolded!</p>	<p>Grateful</p> <p>Take a five minute break from work.</p> <p>Write down 3 small things that you are grateful for having that others may not have.</p>	<p>Find an Item That Starts With....</p> <p>Could be adapted for littles, just start with simple items</p> <p>Randomly select a student to find an item, that student then passes it to another student who then has to find an item that starts with the last letter of the previous item. For example, if the first student shows a “doll” the next student could show a “lemon” and then the next student could show “nail polish,” etc.</p>	<p>Guess the Sound Game</p> <p>As simple as the title!</p> <p>Here is a great track to play with students. For older students you could make it more challenging by playing sounds of specific animals (sound of a llama), etc.</p>
<p>6-8</p>	<p>Fun Personality Test</p> <p>Choose a personality quiz</p> <p>Think: do your results reflect any part of your true personality? Why or why not?</p>	<p>Counting to 20</p> <p>The goal is to count to 20, in any order, with no interruptions!</p> <p>Choose one student to start with by saying “one”. Then, any other student says “two”, “three”, etc. etc., but no</p>	<p>Midweek check-in</p> <p>Use this list to find some words to describe your emotions from this week so far</p>	<p>Guess the Sound Game</p> <p>As simple as the title!</p> <p>Here is a great track to play with students. For older students you could make it more</p>	<p>End of the Month Check In</p> <ul style="list-style-type: none"> • Think about remote learning in Sept. What has been helping you get

		<p>one can talk over anyone else, and there is no order. If they do, you start back at "one". This tests those listening and cooperation</p>		<p>challenging by playing sounds of specific animals (sound of a llama), etc.</p>	<p>your work done?</p> <ul style="list-style-type: none">• What can you keep doing in Oct. to stay focused?• What do you need to change or do differently this month?
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