


Educational Support Services

Social Emotional Learning June 2020

Social Emotional Learning helps student development by raising self-aware, respectful children, who know how to manage their emotions, make responsible decisions, and resolve conflicts non-violently.

Below are some strategies to try each day to help improve these skills! Have fun 😊

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>1 Look in the mirror and say three nice things about yourself.</p>  | <p>2 Make a list of three neighbors who do not get visitors. Make them a card, and put it in their mailbox.</p> | <p>3 Ask a family or friend what their biggest strength is.</p> | <p>4 Take some time to think about each phase we have had in New Brunswick. How did you feel when it was announced you could have a bubble family?</p> | <p>5</p>  <p>Call a friend or relative that has a birthday in June. For extra fun, sing them Happy Birthday!</p> |
| <p>8 Make a wish list of 3 places you want to visit in New Brunswick. For more ideas, go to tourismnewbrunswick.ca</p>  | <p>9 Try Mindfulness for 5 minutes. Try to find a calm place to sit and relax. What are 3 smells you can smell while doing this?</p> | <p>10 Have a virtual playdate with a friend. Discuss a funny memory with your friend.</p> | <p>11 Look up at the sky and watch the clouds. Do you see any animals or pictures?</p>  | <p>12 Make a vision board about yourself. Find pictures that help describe what you want in your future.</p> |
| <p>15 Talk to your parents or friends about Prom. What is it? Do your parents have any pictures from their prom?</p> | <p>16 Discuss the first time you wore a facemask. How did you feel?</p>  | <p>17 Go for a drive to look at graduation signs. Do you know any of the graduates?</p> | <p>18 Make a card for your teacher to say thank you for the school year.</p> | <p>19 Surprise your parent and clean your room. If you have time, do a bathroom too!</p> |
| <p>22 Call someone from your bubble and go for a walk.</p> | <p>23 Pick your favorite activity and do it again.</p> | <p>24 Think of a place you would like to visit outside of New Brunswick, look online to find a virtual tour.</p> | <p>25 Find a place in your neighborhood with litter. Get a garbage bag and go pick up some of the garbage. .</p> | <p>26 Get some chalk and write a message on the road to tell people to have a great summer.</p> |
| <p>29 Write a list of five reasons you love Canada.</p> | <p>30 Draw a Canada Flag and put it in a window.</p> | | | |