

SEL Night

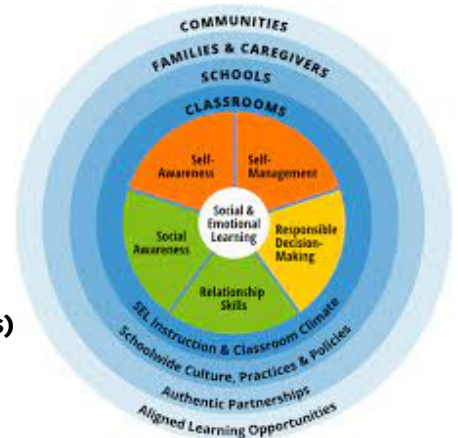
January 30th

6:30-8:00

Theme: Better Together

Stations:

1. **Drumbeat (relationship skills)**
2. **Therapy Dogs (social awareness)**
3. **Kindness rock creation (relationship skills)**
4. **T Shirt design contest with examples (relationship skills)**
5. **Friendship Bracelets activity (relationship skills)**
6. **Worry monster bag creation (self management)**
7. **Parent Proud Wall (self awareness)**
8. **Mindful coloring station (self management)**
9. **Canvas Painting** for each grade level- fingerprint collage (**relationship skills**)
10. **Counseling books** and activity with flexible seating (social awareness)
11. Smartboard: **Canva Video Reel (social awareness)**
12. Team Building Activity: **Don't Wake the Dragon (relationship skills)**
 - The facilitator (the dragon) pretends to sleep. While the dragon sleep, the participants silently (if they talk they start over) get in height order. Then, they sneak past the dragon and yell BOO when they made it
13. Team Building Activity : **Fingertip hula hoop (social awareness)**
 - A group of 6-8 students stand in a circle and use only their fingertips to support the hula hoop. If it falls they start over, the students need to use collaboration
14. Team Building Activity **Trust Walk Activity (responsible decision making)**
 - one partner blindfolds the other and needs to communicate to get over the obstacles that will be on the floor.
15. **Upstairs vs Downstairs brain Activity (self awareness)**
16. **Empathy scenario cards and responses (social awareness)**
17. **Compliment Cards (relationship skills)**
18. **Shadow Boxing Bracket Competition (self management)**



TO DO:

Team members for our January 22nd meeting, please have directions for your station made and ready to go! Please feel free to reach out with any other ideas or need of materials!

Please make a **direction sheet** for your station. It would be great if you highlights one of the CASEL competencies in the above diagram, and wrote a small blurb about how the activity relates to SEL.

Example: Shadow Boxing Bracket Competition

Directions: Students will shadow box in pairs and enter the bracket on the wall

Students will use **social awareness and build relationship skills** by using teamwork and showing sportsmanship while competing in the shadow boxing competition