

SEL Virtual Learning at Home

Social Emotional Learning activities to complete at home

Guidance: Please select the appropriate grade level to access individual lessons for students.

| K-2 | 3-5 | 6-8 | 9-12 |
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| Activity 1 - Guided Daily Self Reflection & Calming Resources | Activity 1 - Guided Daily Self Reflection & Calming Resources | Activity 1 - Daily Self Monitoring Checklist | Activity 1 - Daily Self Monitoring Checklist |
| Activity 2 - Mindful Breathing Activities for Home | Activity 2 - Mindful Breathing Activities for Home | Activity 2 - Steps to Self Reg | Activity 2 - Steps to Self Reg |
| Activity 3 - Mindful Mini Activities for Home | Activity 3 - Mindful Mini Activities for Home | Activity 3 - Positive Data Log | Activity 3 - Positive Data Log |

Additional Resources

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|-----------------------------------|----------------------------------|-------------------------------|----------------------------|-----------------------------|
| Mindful Breathing | Mindful Movement | Mindful Focus | Connecting | Quiet Space |
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