

# **Self-Care & Social Emotional Learning Activities**

## **Give Me Space Activity –**

Talk about how important it is for us to have personal space. Get a piece of poster board and have your child sit in the middle of it. Have them paint the area around them, which is their personal space bubble. If you have multiple children, have them place their papers near but not touching each other.

## **Kindness Cards –**

Have your child write a letter or draw a picture to friends, family, or neighbors and mail the cards to them.

## **Plant a seed –**

Take care of your plant and watch it grow. Spend time each day observing it. Pick one day a week to draw a picture or journal about what you see. At the end of the summer, read your book about the plant you helped grow.

## **Photo Album –**

Collect pictures of friends and family and put them together into a photo album. You can glue or tape the pictures into a notebook, or staple blank paper together and make your own. Enjoy looking at all the people that make you happy.

## **Cloud Watch –**

Spend time laying on a blanket in the yard looking at the sky. Can you see shapes in the clouds? Can you have other people see the same shapes you do?

## **Make a Puzzle –**

Draw a picture, color a color sheet, or use a photograph (one that is okay by adults to use) and cut it like a puzzle. See if you can put it back together. Can someone else put it together? You can also try to put together a regular puzzle at home. If you do not have a space to store it, make it on a piece of cardboard that can be moved to a safe area.

## **Pet Responsibilities –**

If you have a pet at home, take over the responsibility of caring for them. Make sure they have water and food daily. Spend time with them... walk them or play with them. Make toys or bedding for them.