

## Student Choice Board – Social Emotional Learning

### Elementary Schools

Choose one of the following activities per day, in any order.

1. Find your favorite coping skill and share with a loved one <a href="#">Big Coping Skills List</a>	2. How do you feel today? <a href="#">How I Feel worksheet</a>	3. What triggers your anxiety? <a href="#">Anxiety Triggers worksheet</a>	4. Talk about your fears with a loved one <a href="#">My Fears worksheet</a>	5. Write a letter of appreciation to someone <a href="#">Gratitude Letter worksheet</a>
6. Practice being mindful! <a href="#">Mindfulness for Children worksheet</a>	7. What does your anger look like? <a href="#">Anger warning signs worksheet</a>	8. What does your worry look like? <a href="#">What is Worry worksheet</a>	9. Explore a “best-case” scenario and share with a loved one. <a href="#">Best Case Scenario worksheet</a>	10. Let’s track your coping skills! <a href="#">Coping Skills Tracker worksheet</a>
11. Let’s focus on the positives today! <a href="#">Focus on Positive worksheet</a>	12. Instead of feeling anxious, what can you do? <a href="#">Instead of worksheet</a>	13. Let’s take our worries and make them smaller! <a href="#">Worry Cloud worksheet</a>	14. Practice positive self-talk with a loved one. <a href="#">Positive self-talk worksheet</a>	15. Think about what you can and cannot control. <a href="#">Circle of Control worksheet</a>
16. How can you be a good listener? <a href="#">Good Listener worksheet</a>	17. Change your negative thoughts to positive ones! <a href="#">Thought worksheet</a>	18. Let’s share with our loved ones! Pick some questions and have everyone answer. <a href="#">Sharing worksheet</a>	19. Time to focus on me! Complete and share with a loved one, <a href="#">Growth Mindset worksheet</a>	20. What are your hopes, dreams and goals for the future? <a href="#">Hope worksheet</a>

Please complete one of these each day in addition to an activity above.

[Deep breathing](#)

[Check In and Check Out Pictures](#)

[Check In and Check Out Writing](#)

[Weekly gratitude Journal](#)

Here are some great informational resources!

[Help for Anxiety at Home](#)

[Self-Care for Kids](#)

[Stressed Out Support](#)

