

Student Choice Board – Social Emotional Learning

Middle and High Schools

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

1. What triggers your anxiety? Anxiety Triggers worksheet	2. What does your anger look like? Anger warning signs worksheet (Spanish)	3. Practice ways to cope with anxiety. Coping with Anxiety worksheet (Spanish)	4. Let's explore how your stress is triggered. Identify Stress Triggers worksheet	5. Explore ways to cope with stress and share with a loved one. Coping with Stress worksheet
6. Practice positive self-talk with a loved one. Positive Self-Talk worksheet	7. Find your favorite coping skill and share with a loved one Big Coping Skills List	8. Let's explore 3 stressors and make a plan to respond. Stress Management Plan	9. Instead of feeling anxious, what can you do? Instead of worksheet	10. Complete a self-care assessment and share with a loved one. Self-Care Assessment (Spanish)
11. Explore your social support and share with a loved one. Social Support worksheet (Spanish)	12. Let's explore stressors and positive/negative responses. Stressors and Responses worksheets	13. Let's learn about anger and icebergs. Anger Iceberg worksheet (Spanish)	14. Change your negative thoughts to positive ones! Thought worksheet	15. Think about your strengths and share with a loved one. Strengths Discussion worksheet (Spanish)
16. Journal about how you manage stress Stress Journal	17. Complete a wellness assessment and share with a loved one! Wellness Assessment (Spanish)	18. Challenge your anxious thoughts! Challenging Anxious Thoughts worksheet (Spanish)	19. What does your worry look like? What is Worry worksheet (Spanish)	20. Identify your positive traits and share with a loved one Positive Traits worksheet (Spanish)

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

[Deep breathing](#)

[Check In and Check Out](#)

[Weekly gratitude journal](#)

[Mindfulness Meditation](#)

Here are some great informational resources!

[Grounding techniques](#)

[Help for Anxiety at Home](#)