













# Social Emotional Learning Choice Boards

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Social Awareness

## 30+ Free SEL Activities

<p>#14</p> <p>goal you want to n. Make a plan to you get there.</p> 	<p>#5</p> <p>Give advice to a friend who wants to make the basketball team next year. Help them make a plan.</p> 	<p>#6</p> <p>Using your strengths a short speech con- the principal that you be the class president.</p> 
<p>#7</p> <p>Make a list of all the manners you can think of. Then, share with someone else.</p> 	<p>#8</p> <p>Taking turns is important! Draw a situation when you need to take turns with someone else.</p> 	<p>#9</p> <p>Grayson is impatient and doesn't like waiting his turn. Write him a letter telling him how he can wait and why it's important.</p> 
<p>#10</p> <p>Imagine an alien joins the class and he has no clue how to behave. What advice would you give him?</p> 	<p>#11</p> <p>Choose any social rule or expectation. Design a poster explaining what the social rule is and why it is important.</p> 	<p>#12</p> <p>Personal space matters! Draw yourself and make a bubble around you to show your personal space.</p> 
<p>#13</p> <p>Think about one skill you now you could improve. e a list of at least 3 ps to move in that direction.</p> 	<p>#15</p> <p>friend or family at their biggest are. Are they same as yours? why not?</p> 	<p>#16</p> <p>Make a list of your top strengths using only emojis or symbols.</p> 

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# SEL Choice Boards • Educator Guide

## What's Included

This resource includes 4 weeks of social emotional learning activities that can be used as homework, extra practice, or work for early finishers. Every page highlights a specific SEL skill, each with nine unique and fun activities for students to complete.

These SEL Choice boards can be used on their own, but are also aligned to be compatible with this [SEL Yearlong Curriculum](#) to be used as homework assignments or extra practice.

## Introducing Topics

It helps to introduce each new topic for the week. For example, week one should start with strengths and challenges. You can discuss the topic with your students, ask questions about the topic, provide real life examples, and ask for feedback. Use this time to provide background knowledge about the topic before handing out the choice board assignments.

## Assigning Tasks

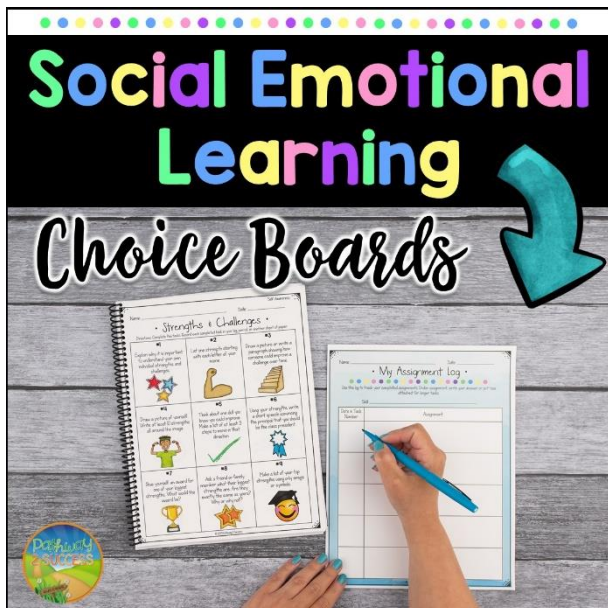
You have complete flexibility in how to assign the activities to your learners. You may choose to assign all nine activities for students to complete throughout the week or have students select a certain number to finish. This also allows for modifications for all students. For example, you may want to assign all nine activities for some students, while assigning only three to others. It is entirely up to you and the needs of your students!

## Completing Tasks

After assigning the specific number of tasks for students, students can be free to complete the work entirely on their own. You can read through the assignments and explain them more in detail, if needed.

Remind students to put their assignment page into their binder and add the completed pages right after it. Students can choose to use the provided blank pages for responses or just use blank paper.

It may be helpful for students to fill out the "My Assignment Log" for each day of completing assignments. This will help keep students on track throughout the week. Students can cross out, shade in, or check off the boxes for assignments that they complete. You may choose to use the black/white version to allow students to color in the boxes as well.



If you love these activities and need more, check out the yearlong set of SEL Choice Boards you can grab [here](#).

Still looking for more strategies? Come and stop by my website [www.thepathway2success.com](http://www.thepathway2success.com) for ideas, free activities, and more. Come [join](#) for even more exclusive freebies.



# My Social Emotional Learning Assignments



Name: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

• My Social Emotional Learning Work •

Assignment: \_\_\_\_\_

[illegible]

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# • My Social Emotional Learning Work •

Assignment: \_\_\_\_\_

Name: \_\_\_\_\_

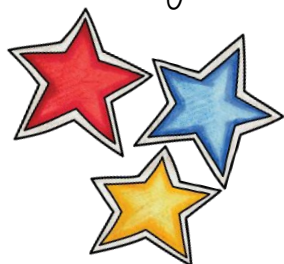
Date: \_\_\_\_\_

# • Strengths & Challenges •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

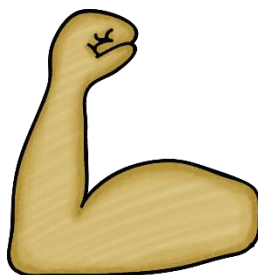
#1

Explain why it is important to understand your own individual strengths and challenges.



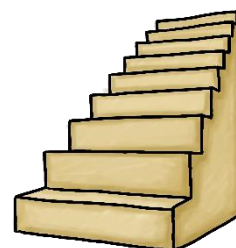
#2

List one strength starting with each letter of your name.



#3

Draw a picture or write a paragraph showing how someone could improve a challenge over time.



#4

Draw a picture of yourself. Write at least 10 strengths all around the image.



#5

Think about one skill you know you could improve. Make a list of at least 3 steps to move in that direction.



#6

Using your strengths, write a short speech convincing the principal that you should be the class president.



#7

Give yourself an award for one of your biggest strengths. What would the award be?



#8

Ask a friend or family member what their biggest strengths are. Are they exactly the same as yours? Why or why not?



#9

Make a list of your top strengths using only emojis or symbols.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# • Managing Emotions •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Write a journal entry about how you are feeling today.



#2

List 3 things you can do when you are feeling frustrated.



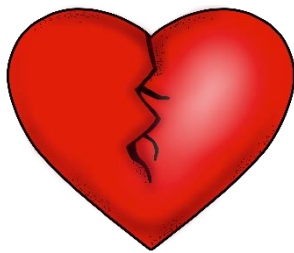
#3

Draw a picture of a time you positively dealt with tough emotions.



#4

Describe a time you felt let down or disappointed. How did you handle it?



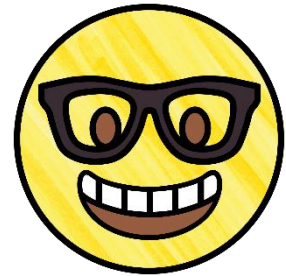
#5

You are really upset about something but you have to take a test in math class. What can you do?



#6

Check-in with yourself: Draw an emoji for how you feel today and explain why.



#7

Max is nervous about a test coming up tomorrow. Make a list of things he can do to calm down and feel better.



#8

Discuss with someone else: Is managing your emotions the same as ignoring them? Summarize what you discussed.



#9

Tanya is sad and misses her family. Give her some advice to help her manage her emotions during the day.



Name: \_\_\_\_\_

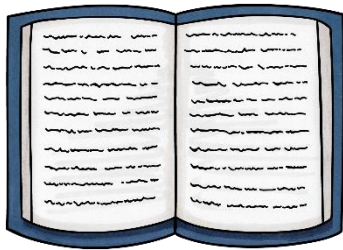
Date: \_\_\_\_\_

# • Kindness & Compassion •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Write your own story or comic about someone who showed kindness to others.



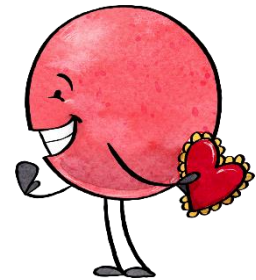
#2

Self-love and self-compassion are also important! List 5 ways you can be kind to yourself.



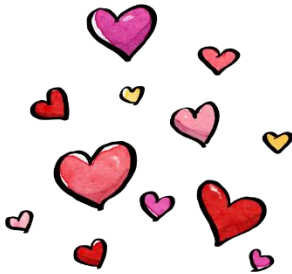
#3

Do something kind for someone. Write about how it made them (and you) feel!



#4

Make a list of 15 kind things you can do for others.



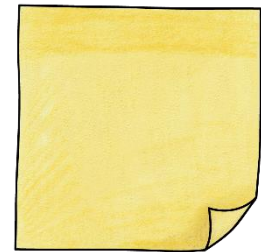
#5

Draw a picture of a time someone was especially kind to you. Think about how it made you feel.



#6

Write a kind note or letter to someone else and give it to them.



#7

Spend time today helping someone in need. Summarize what you did and how you helped.



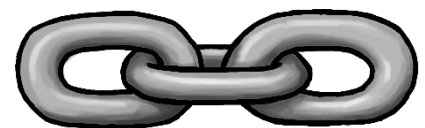
#8

What are some positive things you can say to others to lift them up?



#9

Start a chain reaction! Be kind to someone else and encourage them to pass it on!



Name: \_\_\_\_\_

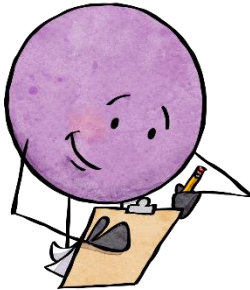
Date: \_\_\_\_\_

# • Responsibility •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Draw a picture of yourself doing something in a responsible way.



#2

Write a letter to your principal nominating yourself for the responsibility award. Explain why you deserve it!



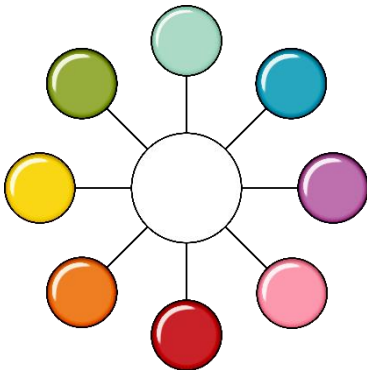
#3

Make a chart showing at least five of your responsibilities at school and why they are important.



#4

List all the words you can that relate to responsibility.



#5

How can being responsible help you feel proud of yourself?



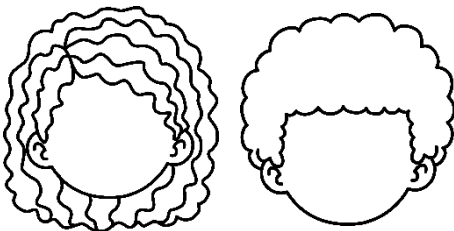
#6

In your own words, what does it mean to make a "good choice?"



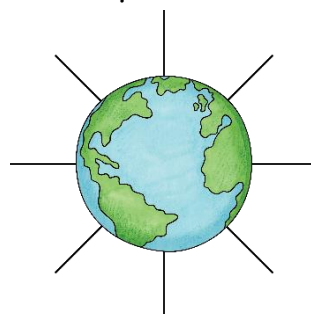
#7

Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.



#8

List 8 things you can do to make the world a better place.



#9

Draw a scene from a book, movie, or show where a character does something responsible.

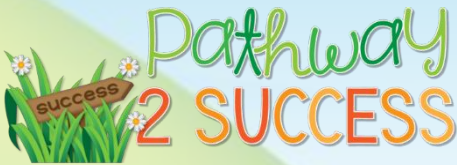


# About the Author



Kristina Scully is a special educator and curriculum specialist with over 12 years' experience. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with social emotional needs, learning disabilities, autism, and more.

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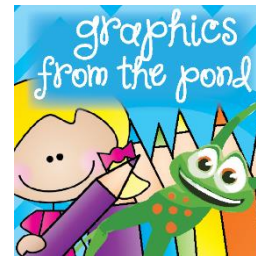
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