

SOCIAL AND EMOTIONAL LEARNING ACTIVITIES FOR FAMILIES OF HIGH SCHOOL STUDENTS

Activity Link	Description	Social-Emotional Learning Skill
Senior Service-Learning Hours Opportunities here.	If seniors are 25 hours or less away from achieving the service-learning diploma, or, 10 hours or less from achieving the service-learning award attached is an opportunity to obtain those hours.	Students will strengthen their responsible decision making, self-management, and social awareness skills through this project.
Write down, rip up, and throw away your stress	Have your child write down their expectations and insecurities, rip them up, and throw them away. This emotional check-in takes about three minutes. By acknowledging how your children are feeling you'll acknowledge their barriers to learning and create a safe space for your children to overcome them.	Self-Awareness Self-Management Responsible Decision Making
Quote of the day	Introduce a quote that you feel is relevant to what your child may be learning or to a shared experience—for example, an act of violence in the community. You can facilitate a discussion, or have your child share a one-word response to the quote. This gives your child the space to reflect on their beliefs and experiences and whether they agree or disagree with the quote. This would also be a time for you to share your opinion on the quote which will allow for your child to have insight into another person's perspective and feelings.	Social Awareness Self-Awareness
Appreciation, Apology, and Aha	Have your family get in a circle and share an appreciation, apology, or realization with other members of the family. For example, <ul style="list-style-type: none"> • I would like to appreciate Mom for helping me with my project as well as cooking dinner 3 times this week. • I apologize to everyone for leaving the family room in a mess. In the future, I will make sure that I clean up my mess so that others can enjoy the room too. 	Self-Awareness Social Awareness Responsible Decision Making
Best Possible Self	Students write answers to questions about what they want their lives to be at age 40. 15-30 minutes	Self-Awareness Responsible Decision-Making
Breath Counting Mindfulness Practice for Tweens and Teens	Students learn to focus on their breathing patterns by counting each breath to manage stress, anxiety, or to start the day with focus.	Self-Awareness Self-Management

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Contemplative Reading	<p>This practice asks students to read a text slowly and carefully and then reflect on it, helping to cultivate deeper awareness and understanding. This will allow students to deepen their understanding of poems, speeches, letters, short essays, or other texts. It will also allow students to cultivate awareness of their own personal meaning that they bring to a text.</p> <p>10-30 minutes</p>	<p>Self-Awareness Self-Management Social Awareness</p>
Purpose Compass	<p>Students generate purposeful project ideas by personally identifying (1) a need in the world that moves them, (2) their skills and abilities, and (3) something they find joy and value in.</p> <p>60-75 minutes</p>	<p>Self-Awareness Responsible Decision-Making</p>
Simple Guide to Active Listening for Parents/Guardians	<p>Listening is a really important life skill for parents. When your child feels listened to, they will feel like you understand them. Here are the steps to listen actively to your child. The link will tell you how.</p>	<p>Self-Awareness Self-Management</p>
SEL Online Lessons	<p>School Connect offers a series of online SEL lessons that include videos and activity links.</p>	<p>Self-Awareness Self-Management Social Awareness Relationship Responsible Decision-making</p>