

Social-Emotional Activities for

distance learning



Free Resource by Proud to Be Primary

home learning CALENDAR

Social-Emotional Activities performed by _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

A Resilient Kid

A resilient kid

A resilient kid

A resilient kid

A resilient kid

A resilient kid



A Resilient Kid

A resilient kid

A resilient kid

A resilient kid

A resilient kid

A resilient kid



5 THINGS I Can Control

1.

2.

3.

4.

5.



5 THINGS I Can Control

1.

2.

3.

4.

5.



responsibility scavenger hunt

Be helpful around the house. Complete as many as tasks you can! Write your name in each space after.

<u>Make Breakfast</u>	<u>Play Nicely</u>	<u>Make Your Bed</u>	<u>Do Chores</u>	<u>Finish School Work</u>
<u>Make a Snack</u>	<u>Brush Your Teeth</u>	<u>Read Books</u>	<u>Help Your Family</u>	<u>Do an Extra Chore</u>
<u>Sweep the Floor</u>	<u>Be Your Best Self</u>	<u>Help Make Dinner</u>	<u>Tidy Your Room</u>	<u>Go to Bed Early</u>

_____'s Vision Board

Instructions:

Draw and write 4 ways that
you can be your best self
(one in each space). Color and
cut out the crown shape. Glue
onto a strip of paper and
staple it to fit your head.
Wear your crown with pride!



				
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Instructions:

Draw and write 4 ways that
you can be your best self
(one in each space). Color and
cut out the crown shape. Glue
onto a strip of paper and
staple it to fit your head.
Wear your crown with pride!

BEING
MY BEST
SELF!



FEELING Good

To feel good, I

FEELING Good

To feel good, I

FEELING Good

To feel good, I

My Home Learning **GOAL**

My learning goal is _____

Things I Will Do To Reach My Goal

1. _____

2. _____

3. _____

Me achieving my goal.

By:

My Home Learning **GOAL**

My goal is

Things I Will Do To Reach My Goal

1.

2.

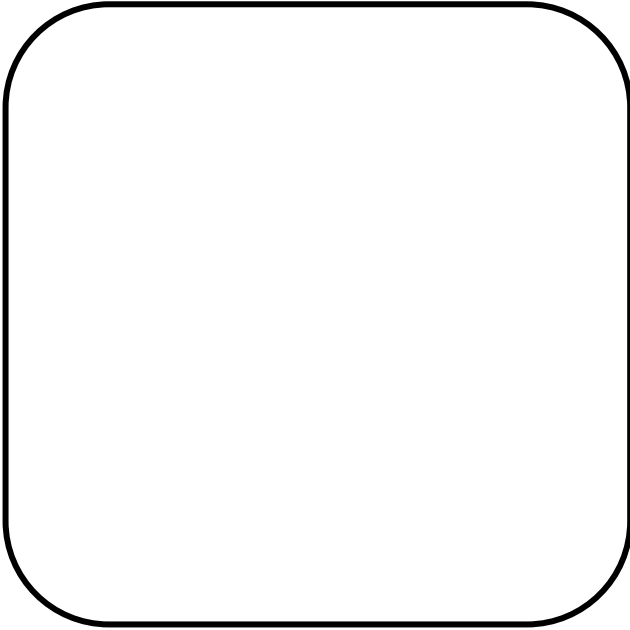
3.

Me Achieving My Goal

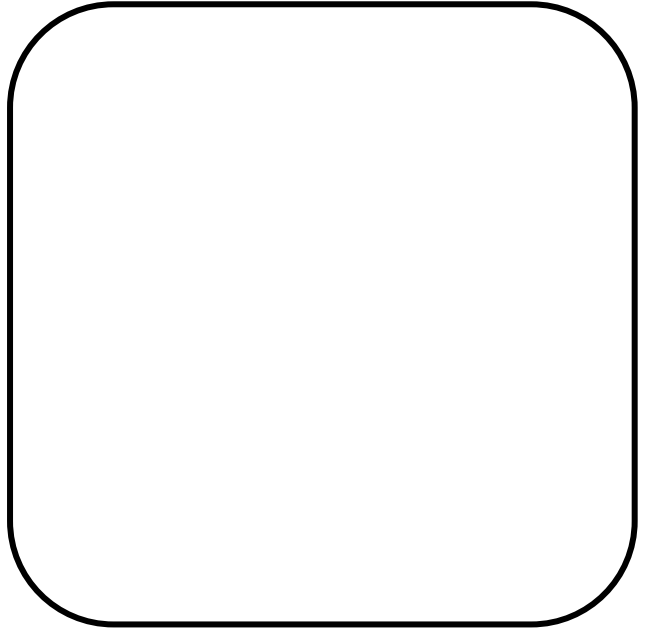
By:

4 Things I Like **About Me!**

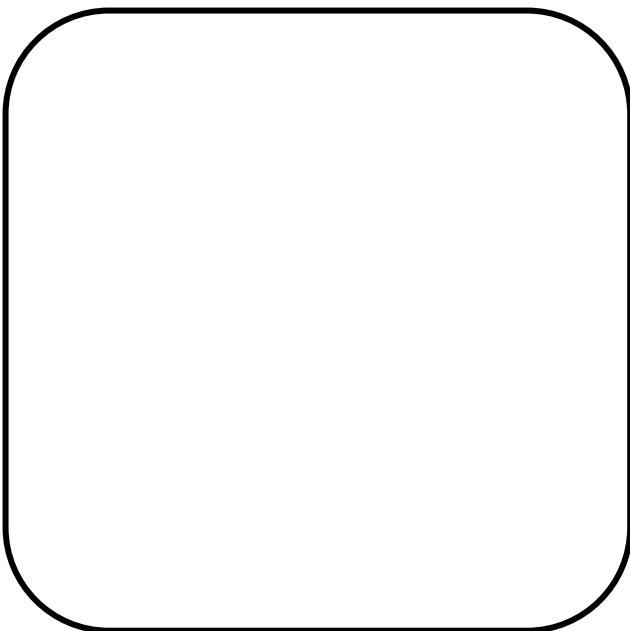
I like



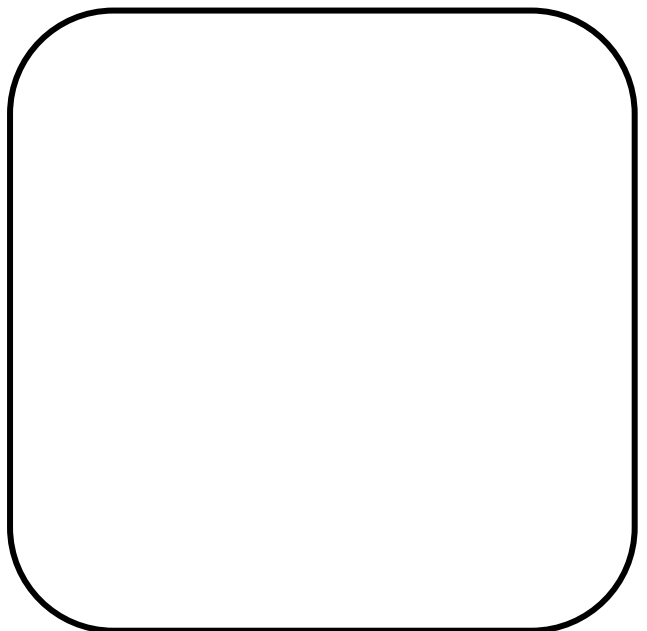
I like



I like



I like



By:

I AM
CAPABLE OF
LEARNING
ANYWHERE



I AM
CAPABLE OF
LEARNING
ANYWHERE





I am not alone.

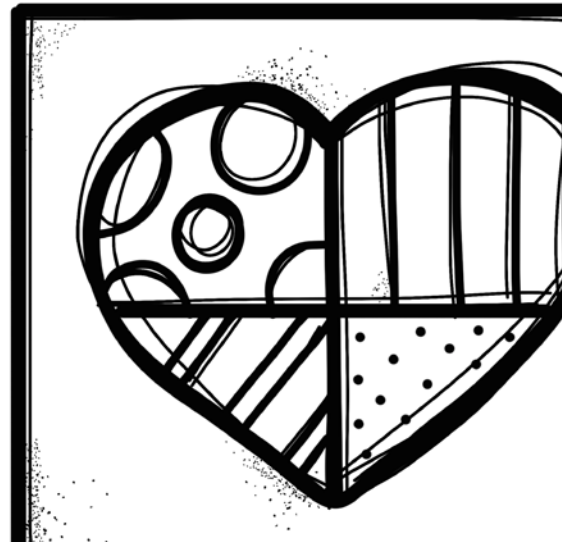


I am safe.

I am loved.



I will be fine.



THANK YOU!

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kindness classroom

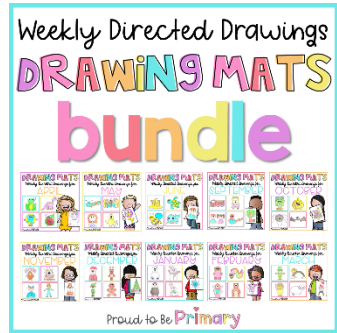
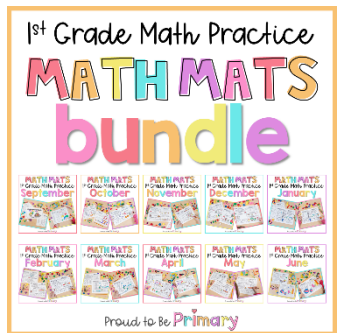
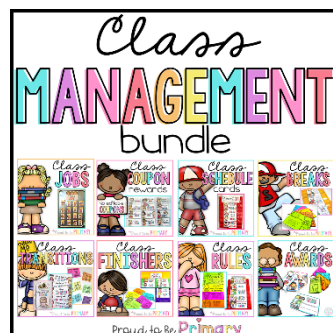
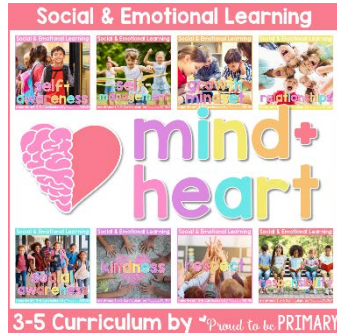


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