



SEL MORNING MEETINGS

DAILY ACTIVITIES FOR SOCIAL EMOTIONAL LEARNING

36 WEEKLY SEL THEMES

EMPATHY

Empathy means understanding how someone else might feel. It's about imagining what it's like to be in someone else's shoes and helping others.

1. KICKOFF CONNECTION
Feelings Detective
Say a feeling word (like "lonely," "excited," or "nervous") and ask, "When might someone feel this way?" Students share real-life examples. This builds emotional awareness and connection.

GROWTH MINDSET

Growth mindset means believing that you can get better at something if you keep trying. It's okay to make mistakes—that's how we learn. Your brain grows stronger every time you challenge yourself.

1. KICKOFF CONNECTION Learning New What's something you've tried at first? Go back to each person's experience, big or small, and talk about how trying is more important than being perfect.	2. THEME TALK Mistakes Help Us Learn Tell a short story (real or made-up) where a character makes a mistake and learns something from it. Then ask: "Have you ever made a mistake that helped you learn?" Reinforce that mistakes are part of growing.	3. MOVE TOGETHER Challenge Course Set up a simple classroom challenge (like balancing on one foot, passing a ball without dropping it, etc.). Encourage students to cheer each other on and try again if they don't succeed at first. Celebrate effort and persistence, not just success.
4. ACT IT OUT Fixed vs. Growth	5. CREATIVE COLLECTIVE Growth Mindset Poster	6. CIRCLE WRAP-UP Growth Goals

ANALYZING INFORMATION

Analyzing information means looking closely at facts, asking questions, and thinking carefully before making a decision. It helps you figure out what's true, what matters, and what you should do next. When you stop and think, you make smarter choices.

1. KICKOFF CONNECTION What's Missing? Look at a simple picture, short story, or set of clues with important pieces missing. What do we need to figure this out? This is students practicing critical thinking and curiosity.	2. THEME TALK Fact or Opinion? Give statements and ask students: "Is this a fact or an opinion?" (Example: "Dogs are better than cats" vs. "Dogs have four legs.") Talk about why it's important to know the difference—especially when solving problems.	3. MOVE TOGETHER Clue Collector Place 3-5 stations around the room with short "clues" about a mystery (e.g., "Who left the backpack?"). Students move in teams to read and analyze each clue. They work together to draw a conclusion from the evidence.
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CONTENTS

INTRODUCTION 4

SELF-AWARENESS

Recognizing Emotions	6
Understanding Strengths	7
Growth Mindset	8
Self-Esteem	9
Honesty & Integrity	10

SELF-REGULATION

Impulse Control	12
Stress Management	13
Time Management	14
Perseverance	15
Responsibility	16
Self-Discipline	17
Organizational Skills	18
Mindfulness	19
Goal Setting	20
Coping Skills	21

SOCIAL AWARENESS

Empathy	23
Respect for Others	24
Appreciating Differences	25
Social Cues	26
Social Norms	27

INTERPERSONAL SKILLS

Community Involvement	28
Civic Awareness	29
Global Awareness	30
Communication	32
Cooperation	33
Conflict Resolution	34
Active Listening	35
Sharing	36
Friendship Building	37
Negotiation	38
Trustworthiness	39

RESPONSIBLE DECISION-MAKING

Curiosity	41
Open-Mindedness	42
Analyzing Information	43
Problem Solving	44
Understanding Consequences	45



INTRODUCTION

Welcome to SEL Morning Meetings!

This resource was created to help you build a stronger, more connected classroom through simple, meaningful morning meetings. Whether you're just beginning your SEL journey or looking to expand what you already do, these ready-to-use activities make it easy to bring social-emotional learning into your daily routine.

Morning meetings are a daily time to gather as a class, build community, and set a positive tone for the day. They help students feel seen, heard, and valued, while providing structure and support for developing social and emotional skills. With just a few minutes each morning, you can help your class grow in confidence, empathy, and teamwork.

WHAT'S INSIDE:

This resource includes 36 weekly themes, organized around the five core areas of SEL: self-awareness, self-regulation, social awareness, interpersonal skills, and responsible decision-making.

Each theme comes with six group-based activities that get students involved in different ways. You'll find a variety of formats including movement, discussion, creative expression, roleplay, partner work, and circle reflections. Every activity is designed to strengthen classroom community while building important life skills.

HOW TO USE THIS RESOURCE:

Use this resource in a way that fits your classroom best:

- Choose one activity each day to guide a full week of SEL
- Combine two or more for a longer SEL session or team-building time
- Pick and choose based on your students' energy, needs, or the time you have

There's no right or wrong way to use these. The activities are short, flexible, and easy to adapt. Whether you have five minutes or fifteen, they're here to help your students connect, reflect, and grow together.

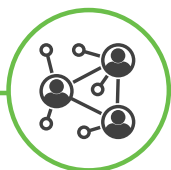


SELF-AWARENESS



RECOGNIZING EMOTIONS

Recognizing emotions means noticing how you feel inside and being able to name that feeling. Everyone has emotions—like happy, sad, excited, or frustrated—and it's okay to feel all of them. When you can name your emotions, it helps you talk about them, stay calm, and make good choices.



1. KICKOFF CONNECTION

Emoji Check-In

Go around the circle and have each student share how they're feeling today using an emoji face. Students can say "I feel like 😞 today because I'm tired." This helps everyone notice and name their own feelings in a simple way.



2. THEME TALK

Same Situation, Different Feeling

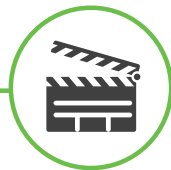
Pose this question to the group: "Can two people feel different emotions in the same situation?" Give an example like losing a soccer game—one person might feel sad, another might feel proud they tried hard. Talk about how emotions are personal, and it's okay to feel differently than others.



3. MOVE TOGETHER

Emotion Freeze

Play music and let students dance or move around. When the music stops, call out an emotion and have everyone freeze in a pose that shows that feeling. Let a few students explain their pose and when they've felt that way before.



4. ACT IT OUT

What's the Feeling? Skits

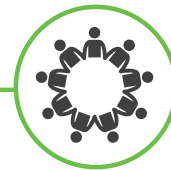
In small groups or as a class, act out short situations like "You dropped your ice cream" or "You got a surprise party." After each one, ask: "What emotion do you think they're feeling?" and "Have you ever felt that way?" Let students suggest new scenarios too.



5. CREATIVE COLLECTIVE

Class Feeling Wall

Work together to create a big poster with different emotion words and faces (drawn or printed). Each student adds one emotion they've felt recently, plus a picture or word that shows it. Hang it up to help everyone remember that all feelings are welcome.



6. CIRCLE WRAP-UP

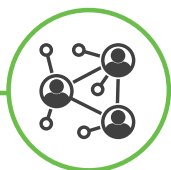
One Word Wrap-Up

Go around the circle and have each student share one word to describe how they're feeling after today's meeting. It can be the same or different from their check-in. This quick reflection helps students notice how their emotions change—and how sharing with others can help.



UNDERSTANDING STRENGTHS

Understanding your strengths means knowing what you're good at and what makes you unique. Everyone has different talents, and that's something to celebrate. When you use your strengths, you feel more confident and can help others too.



1. KICKOFF CONNECTION

Strength Spotlight

Go around and have students share one thing they're good at or something they enjoy doing. If someone needs help, let the class chime in with something they've noticed. This helps everyone feel seen and valued.



2. THEME TALK

Different Strengths, Same Team

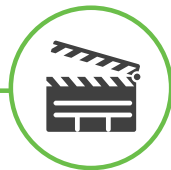
Ask: "What would happen if everyone on a team had the same strengths?" Talk about how we need all kinds of talents to solve problems and work together. Share examples from sports, school, or group projects.



3. MOVE TOGETHER

Strength Pose Parade

Call out different strength categories like "physical," "creative," "kind," or "problem-solver." Students strike a pose or movement that shows that strength. It's a fun way to celebrate different types of abilities through movement.



4. ACT IT OUT

Strength Switch Skits

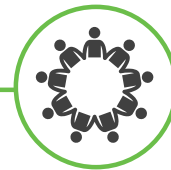
Create pairs or groups to act out a mini scene where someone uses their strength to solve a problem. Afterward, switch the strength and see how the solution changes. Discuss how different strengths can lead to different outcomes.



5. CREATIVE COLLECTIVE

Our Class Strength Tree

Draw a big tree with lots of branches. Each student adds a leaf with their name and one of their strengths. Hang it up as a reminder that your classroom is full of talent and support.



6. CIRCLE WRAP-UP

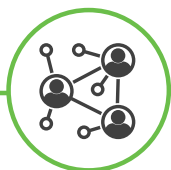
I See Your Strength

Each student gives a positive shout-out to someone else in the circle, starting with "I see your strength in..." Keep it quick and simple to build connection and confidence. Let students pass if they're not ready to share.



GROWTH MINDSET

Growth mindset means believing that you can get better at something if you keep trying. It's okay to make mistakes—that's how we learn. Your brain grows stronger every time you challenge yourself.



1. KICKOFF CONNECTION

Try Something New

Ask students: "What's something you've tried that was hard at first?" Go around and let each person share an experience, big or small. Talk about how trying is more important than being perfect.



2. THEME TALK

Mistakes Help Us Learn

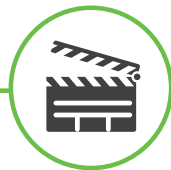
Tell a short story (real or made-up) where a character makes a mistake and learns something from it. Then ask: "Have you ever made a mistake that helped you learn?" Reinforce that mistakes are part of growing.



3. MOVE TOGETHER

Challenge Course

Set up a simple classroom challenge (like balancing on one foot, passing a ball without dropping it, etc.). Encourage students to cheer each other on and try again if they don't succeed at first. Celebrate effort and persistence, not just success.



4. ACT IT OUT

Fixed vs. Growth

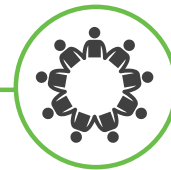
Act out two versions of the same scene: one where the person gives up right away, and one where they try again and improve. Let the group decide which mindset each one shows. Talk about how we can "switch" our thinking.



5. CREATIVE COLLECTIVE

Growth Mindset Poster

Create a poster together with positive phrases like "I can try again," "Mistakes help me grow," or "This is hard, but I won't give up." Let students add their own encouraging words. Display it in the classroom as a reminder.



6. CIRCLE WRAP-UP

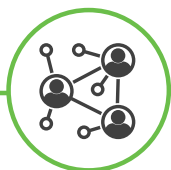
Growth Goals

Go around and have each student name one small goal they want to grow in this week. It could be related to school, friendships, or behavior. Remind them that effort is what helps you get better.



SELF-ESTEEM

Self-esteem means liking who you are and knowing that you matter. It's about believing that you have value just by being yourself—not because of your grades, talents, or looks. When you feel good about yourself, it's easier to try new things and treat others with kindness.



1. KICKOFF CONNECTION

I'm Proud Of...

Ask each student to name one thing they've done recently that they're proud of. It can be big or small—like helping a friend, learning something new, or showing courage. Help students see that pride doesn't have to be about perfection.



2. THEME TALK

Who Are You When No One's Looking?

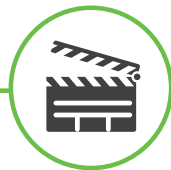
Ask: "What do you like about yourself that no one else can see?" Let students share qualities like kindness, honesty, or being a good listener. This shows that self-worth comes from inside.



3. MOVE TOGETHER

Confidence Walk

Students walk around the room slowly, practicing confident posture: chin up, shoulders back, calm steps. After a few moments, have them freeze and describe how it felt. Discuss how body language can affect how we feel about ourselves.



4. ACT IT OUT

Compliment Roleplay

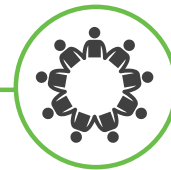
In pairs, practice giving and receiving compliments. Emphasize making them sincere and specific ("I like how you included others in the game yesterday"). Then switch roles and try again.



5. CREATIVE COLLECTIVE

Mirror Messages

Draw a large mirror on chart paper. Each student adds a sticky note with a positive message they'd want to see written on it ("You're brave," "You matter," "You are a helper"). This becomes a class mirror of encouragement.



6. CIRCLE WRAP-UP

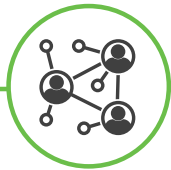
I Like Me Because...

Each student finishes the sentence: "I like me because..." Encourage students to focus on who they are, not what they do. Celebrate brave answers and make space for quiet ones too.



HONESTY & INTEGRITY

Honesty means telling the truth. Integrity means doing the right thing, even when no one is watching. When you're honest and act with integrity, people can trust you—and you can feel proud of your choices.



1. KICKOFF CONNECTION

Truth or Fib?

Give a silly example: "I once flew to school on a giant eagle." Students say "truth" or "fib," then share their own silly statement. Use it to start a conversation about how honesty builds trust.



2. THEME TALK

What Would You Do?

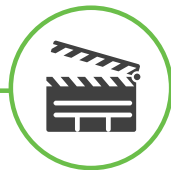
Pose a situation like: "You find a dollar on the floor and no one sees it." Ask: "What's the honest thing to do?" Let students share their thoughts and explore different responses.



3. MOVE TOGETHER

Integrity Walk

Students walk across the room and stop at three points where you call out situations. At each stop, they silently choose a pose: thumbs up for honest/integrity, hands over mouth for not sure, or arms crossed for dishonest. Afterward, talk through the situations together.



4. ACT IT OUT

The Missing Homework

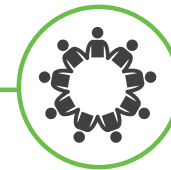
Set up a short skit: "You forgot your homework and your teacher asks where it is." Have students act out different ways they could respond—with and without honesty. Discuss how each choice feels and what the consequences might be.



5. CREATIVE COLLECTIVE

Integrity Shield

As a class, create a shield with four sections: "Honesty looks like...," "Sounds like...," "Feels like...," and "Matters because..." Fill it in together with real ideas. Post it as a class pledge to do the right thing.



6. CIRCLE WRAP-UP

One Honest Choice

Each student shares one honest or responsible choice they made recently. Remind students that even small honest moments build character. Celebrate real-life integrity.

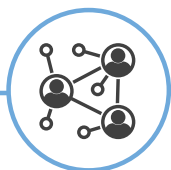


SELF-REGULATION



IMPULSE CONTROL

Impulse control means thinking before you act. It helps you pause, make smart choices, and avoid doing things you might regret. When you can control your impulses, you show self-respect and respect for others too.



1. KICKOFF CONNECTION

Wait for It

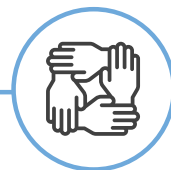
Have students sit in a circle and pass a ball around—but they can only pass it when you clap twice. Mix up the claps (once, three times, slow) to test their control. It's fun and sneaky practice for waiting!



2. THEME TALK

Pause and Choose

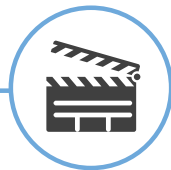
Ask: "Have you ever done something quickly that you wished you hadn't?" Let students share and reflect. Talk about the power of pausing before reacting.



3. MOVE TOGETHER

Freeze & Think

Play music and let students dance. When the music stops, they freeze and you give a quick "what would you do?" scenario (e.g., "Someone cuts in line."). Students act out a calm response before moving again.



4. ACT IT OUT

Stop, Think, Act

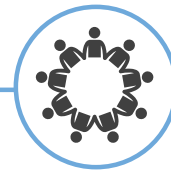
Model a situation where someone acts impulsively, then re-do it with better impulse control. Students create their own short skits showing both versions. Discuss which choice worked better and why.



5. CREATIVE COLLECTIVE

Control Buttons

Make a giant "Control Panel" on chart paper with buttons labeled "Pause," "Breathe," "Count to 5," "Ask for Help," etc. As a group, decorate and add to it. Refer to it throughout the week as a reminder tool.



6. CIRCLE WRAP-UP

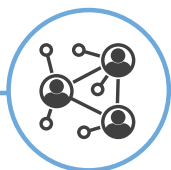
My Pause Strategy

Each student shares one way they help themselves stay calm or in control when they're frustrated. Create a class list of strategies. Remind them: even grown-ups are still practicing!



STRESS MANAGEMENT

Stress is what we feel when things feel too big, too hard, or too fast. Managing stress means finding ways to calm your body and mind when you're overwhelmed. Everyone feels stress sometimes, and learning how to handle it helps us stay healthy and focused.



1. KICKOFF CONNECTION

What Stresses You Out?

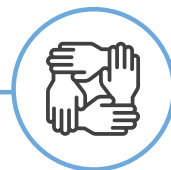
Go around the circle and ask students to name one small thing that makes them feel stressed. Validate all answers—big or small. Talk about how naming your stress is the first step in calming it.



2. THEME TALK

What Helps You Feel Better?

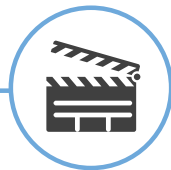
Ask: "What do you do when you feel stressed or overwhelmed?" Let students share and learn from each other. Introduce healthy coping ideas like deep breathing, talking to someone, or taking a break.



3. MOVE TOGETHER

Balloon Breaths

Pretend you're blowing up a balloon with a big, slow breath in—and then letting it float away as you exhale. Repeat together in rhythm. This turns deep breathing into a fun movement pattern.



4. ACT IT OUT

Stress Signals

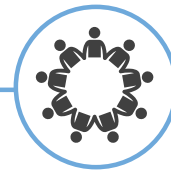
Students act out what stress looks like—tight fists, fast breathing, pacing, etc. Then they act out calming strategies. Talk about how our body gives us clues and we can listen to them.



5. CREATIVE COLLECTIVE

Calm Corner Poster

Work together to create a poster of calm-down tools for your classroom. Include drawings, words, or photos of real strategies students use. Hang it near a calm-down area for everyone to use.



6. CIRCLE WRAP-UP

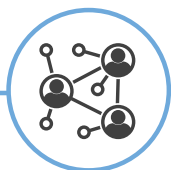
One New Strategy

Each student shares one calming tool they want to try this week. Let students "borrow" ideas from each other. Encourage them to use it when they feel stress building up.



TIME MANAGEMENT

Time management means using your time wisely to finish tasks, make room for fun, and avoid stress. When you plan ahead and stay organized, life feels easier. It also helps others rely on you and helps you feel proud of your work.



1. KICKOFF CONNECTION

What Takes Too Long?

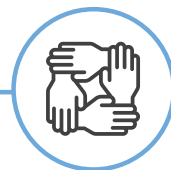
Ask: "What's one thing that always seems to take longer than it should?" Let students laugh, relate, and connect (like brushing teeth or packing up). Use this to spark a chat about time habits.



2. THEME TALK

Plan vs. Rush

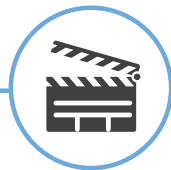
Ask: "What happens when you leave everything to the last minute?" Compare that with how it feels to plan ahead. Let students reflect on what works better and why.



3. MOVE TOGETHER

Beat the Clock

Set a group challenge with a 60-second timer: clean up the floor, line up in ABC order, or pass a ball to everyone. Afterward, discuss how using time well takes focus and teamwork. Try again to beat your record!



4. ACT IT OUT

Timer Trouble

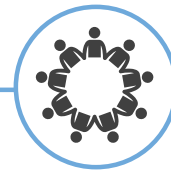
Act out a skit where someone wastes time, then rushes to finish something (like homework or chores). Have the group suggest better ways to manage that time. Repeat the skit using their suggestions.



5. CREATIVE COLLECTIVE

Daily Planner Wall

Create a large schedule chart as a class. Let students add pictures or words to show how a balanced day might look (school, play, rest, etc.). Use it as a reminder of healthy routines.



6. CIRCLE WRAP-UP

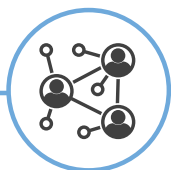
Time Saver Tips

Each student shares one thing that helps them stay on track or save time. These can be real tips or silly ones to spark laughter. Post the best ones on a "Time-Smart Wall."



PERSEVERANCE

Perseverance means sticking with something, even when it gets hard. It's about not giving up, trying again, and believing that effort matters. When you keep going, you become stronger and more confident.



1. KICKOFF CONNECTION

Keep Trying

Ask: "What's something that was hard for you at first, but you didn't give up?" Go around and let students share their stories. Celebrate effort over success.



2. THEME TALK

The Power of Yet

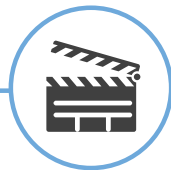
Write the sentence: "I can't do yet." Talk about how adding "yet" means you're still learning. Let students create their own "yet" statements and share with the group.



3. MOVE TOGETHER

Stuck & Shake

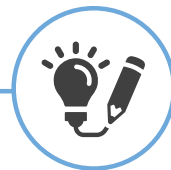
Have students pretend they're stuck in invisible glue, then shake it off slowly with effort. Each time they "unstick" themselves, they say something encouraging like "I can do this!" It's a physical way to feel perseverance.



4. ACT IT OUT

Try Again Theater

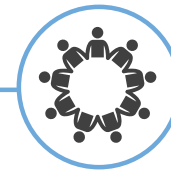
Act out a short scene where someone fails (like missing a goal or getting a wrong answer) and gives up. Then rewind and replay the same scene, but with the character trying again. Discuss how it changes the story.



5. CREATIVE COLLECTIVE

Class Mountain

Draw a large mountain on chart paper. Each student adds a flag with their name and something they worked hard to overcome. Talk about how big goals are reached one step at a time.



6. CIRCLE WRAP-UP

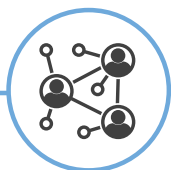
I Didn't Quit

Invite students to share one thing they didn't give up on—even if it was small. Remind the group that every time you try again, your perseverance grows. Clap for each story shared.



RESPONSIBILITY

Responsibility means doing what you're supposed to do and taking care of your tasks, actions, and choices. It means others can count on you. When you act responsibly, you help yourself and others.



1. KICKOFF CONNECTION

Job Jar

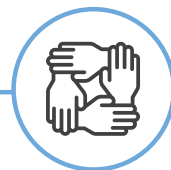
Ask: "What's one job or responsibility you have at home or school?" Pass around a jar with slips of common tasks (feeding pets, cleaning up, helping a sibling). Let students pick one and share how it feels to be trusted with that job.



2. THEME TALK

Big vs. Small Responsibilities

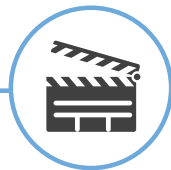
Make a class list of small responsibilities (like hanging up your backpack) and big ones (like helping someone in need). Talk about how both matter. Ask: "Which one is harder for you?"



3. MOVE TOGETHER

Responsibility Relay

Set up a relay where students must carry or pass objects carefully (like balancing a ball or stacking blocks). They must take their time and not rush. Use it as a metaphor: being responsible means handling things with care.



4. ACT IT OUT

I Forgot!

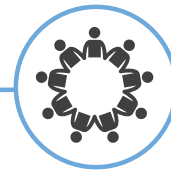
Act out a scene where someone forgets to do something important (like bringing supplies or cleaning up). Ask: "What's a better choice next time?" Let students suggest and act out responsible solutions.



5. CREATIVE COLLECTIVE

Our Responsibility Web

On a poster, draw a large web or wheel. Each student adds a "spoke" with something they're responsible for. Talk about how your class is stronger when everyone does their part.



6. CIRCLE WRAP-UP

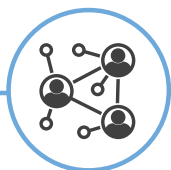
Count On Me

Go around and have each student say: "You can count on me to..." and fill in one responsibility they'll stick to this week. This sets a clear and positive intention. Keep it posted for accountability.



SELF-DISCIPLINE

Self-discipline means doing the right thing even when you don't feel like it. It's about staying focused, being in control, and finishing what you start. It helps you reach goals and build trust.



1. KICKOFF CONNECTION

Would You Rather?

Ask a few playful questions:
"Would you rather do homework or eat candy?"
"Wake up early or sleep in?"
Laugh together, then talk about how self-discipline means doing what's needed, not just what's fun.



2. THEME TALK

Me vs. Me

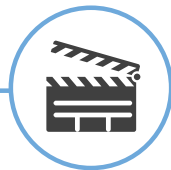
Ask: "Have you ever felt two different feelings at the same time—one that wants to do the right thing, and one that wants to do something else?"
Talk about how self-discipline means choosing the right voice. Let students share examples of those moments.



3. MOVE TOGETHER

Stay in Control

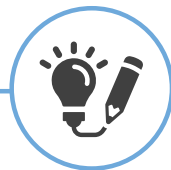
Have students walk across the room balancing a book or beanbag on their head or shoulder. They must focus and move slowly, staying in control. It's a silly but powerful way to feel focused effort.



4. ACT IT OUT

The Temptation

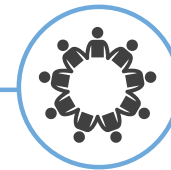
Set up a skit where someone is tempted to quit early, cheat, or give up. Have students pause the scene and suggest self-discipline strategies ("count to ten," "remind yourself why it matters"). Replay the scene with those choices.



5. CREATIVE COLLECTIVE

Focus Flags

Each student designs a mini flag with one thing they're working to stay focused on. Decorate and hang them as a reminder to keep showing self-discipline. Refer back to them during tough days.



6. CIRCLE WRAP-UP

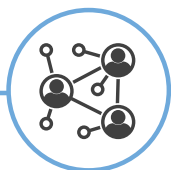
My Discipline Win

Ask each student to share one small thing they did this week that took focus or effort. Celebrate the little wins—like finishing a chore, waiting patiently, or staying calm. These build long-term habits.



ORGANIZATIONAL SKILLS

Being organized means keeping your things—and your time—in order. It helps you find what you need, be ready for tasks, and feel more calm. Staying organized helps school and home life run smoothly.



1. KICKOFF CONNECTION

Lost & Found

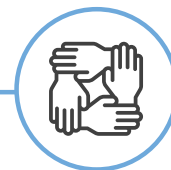
Ask: "What's something you've lost because you weren't organized?" Let students laugh and connect over relatable stories. Then talk about how staying organized helps avoid those problems.



2. THEME TALK

Tools That Help

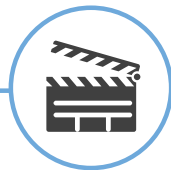
Ask: "What are some tools or tricks that help people stay organized?" List ideas like checklists, color-coding, folders, labels, and timers. Let students share what works for them.



3. MOVE TOGETHER

Clean-Up Dash

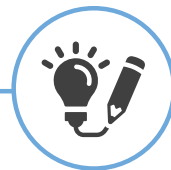
Give a quick timed challenge: organize the classroom library, clean desks, or sort supplies. Work together and race the clock. Afterward, reflect on how it felt to work in a clean and organized space.



4. ACT IT OUT

Mess vs. Success

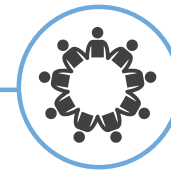
Act out two versions of a scene: one where someone is messy and unprepared, and one where they are neat and ready. Ask the group to describe what made the difference. Let students share their own organization tips.



5. CREATIVE COLLECTIVE

Classroom Checklist

Create a group checklist of things your class wants to keep organized (like supplies, folders, or jobs). Decorate and post it. Assign small group "checkers" to help keep it on track.



6. CIRCLE WRAP-UP

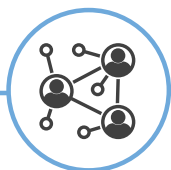
One Thing I'll Organize

Each student names one area they want to keep organized this week. This could be their backpack, desk, schedule, or bedroom. Check back next week to see how it went.



MINDFULNESS

Mindfulness means paying full attention to what's happening right now. It helps you slow down, feel calm, and notice what's around you. Being mindful makes it easier to manage emotions and make good choices.



1. KICKOFF CONNECTION

What Do You Notice?

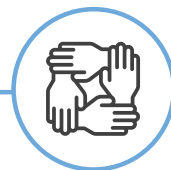
Sit quietly for 30 seconds and ask students to notice as many sounds, sights, or feelings as they can. Afterward, go around and share. Talk about how slowing down helps us see more clearly.



2. THEME TALK

Mind Full or Mindful?

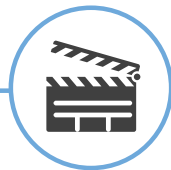
Draw two stick-figure heads: one full of jumbled thoughts, one calm and clear. Ask: "Which one feels better?" Talk about how mindfulness helps quiet the mental clutter.



3. MOVE TOGETHER

Mindful Stretch

Guide the class through slow, calm stretches with deep breathing. Ask students to focus on how their body feels. End with a big breath and group sigh.



4. ACT IT OUT

Monkey Mind

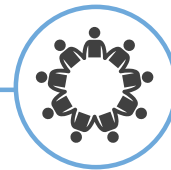
Act out a silly "monkey mind"—a brain that jumps from thought to thought. Then act out a "mindful mind"—one that pauses, breathes, and notices. Let students try both and talk about the difference.



5. CREATIVE COLLECTIVE

Noticing Wall

Create a large wall display where students can add things they noticed during mindful moments: sounds, feelings, thoughts, textures, colors. It builds appreciation for the little things. Update it each day of the week.



6. CIRCLE WRAP-UP

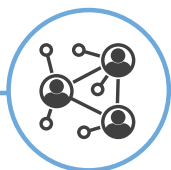
Just One Breath

End with a single group breath. Sit still, close eyes or look down, and breathe in slowly... then out. No words needed—just a quiet moment together.



GOAL SETTING

Goal setting means choosing something you want to achieve and making a plan to get there. It helps you stay focused, work hard, and feel proud when you reach your goal. Big or small, every goal starts with a first step.



1. KICKOFF CONNECTION

What's Your Goal?

Ask: "What's something you want to get better at this month?" Let each student share a personal or school-related goal. Remind them that goals can be fun, serious, or just for trying.



2. THEME TALK

Steps, Not Jumps

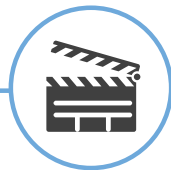
Explain that goals don't happen all at once—they take steps. Ask: "What's one small step toward your goal?" Discuss how progress feels better when we take it one day at a time.



3. MOVE TOGETHER

Goal Ladder

Lay out floor markers (or papers) like ladder steps. Students choose a goal and step through the "ladder" one at a time, saying what each step could be. Celebrate effort over outcomes.



4. ACT IT OUT

The Detour

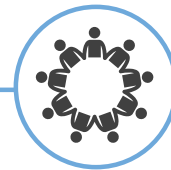
Act out a skit where someone is working toward a goal but hits a problem (like getting distracted or discouraged). Have the group pause and suggest how they could stay on track. Try the scene again with their ideas.



5. CREATIVE COLLECTIVE

Class Goal Board

Create a bulletin board with small goal cards for each student. They can write or draw their goal and one step they'll take. Check in weekly and add stars or notes for progress.



6. CIRCLE WRAP-UP

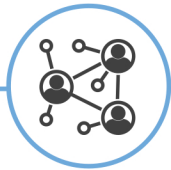
I Took a Step

Ask each student to share one small step they took this week toward any goal. Even if it's tiny, cheer it on. Remind the group: every step counts.



COPING SKILLS

Coping skills are strategies that help you handle tough emotions like anger, sadness, or stress. Everyone needs tools to calm down and feel better. The more you practice, the easier it gets.



1. KICKOFF CONNECTION

What Helps You Feel Better?

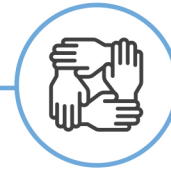
Ask: "When you're having a hard day, what helps you feel better?" Share ideas like drawing, talking, or walking away. Let students learn from each other's healthy habits.



2. THEME TALK

Tools in Your Toolbox

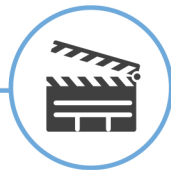
Compare coping skills to tools in a toolbox—each one works for different situations. Ask: "What tool works best for you when you're mad? Sad? Overwhelmed?" Build a class list of favorites.



3. MOVE TOGETHER

Coping Skill Shuffle

Assign a coping skill to each corner of the room (like deep breaths, counting to 10, taking a break, or stretching). Call out a situation and have students move to the skill they'd use. Let them explain their choice.



4. ACT IT OUT

Calm or Explode?

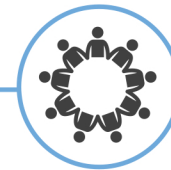
Act out a scene where someone gets upset. Pause the scene and ask the group: "What's a calm way to cope?" Replay it using a healthy coping strategy.



5. CREATIVE COLLECTIVE

Coping Toolbox Wall

Create a giant "toolbox" display on the wall. Each student adds a paper "tool" with their favorite coping skill drawn or written on it. Refer to the toolbox when emotions run high.



6. CIRCLE WRAP-UP

My Go-To Skill

Ask: "What's one coping skill you'll try to use this week?" Go around the circle and let each student name their choice. Remind them it's okay to try different ones until they find what works.

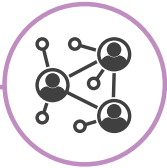


SOCIAL AWARENESS



EMPATHY

Empathy means understanding how someone else feels, even if you're not feeling the same way. It's about imagining what it's like to be in their shoes. When you show empathy, you help others feel seen and cared for.



1. KICKOFF CONNECTION

Feelings Detective

Say a feeling word (like "lonely," "excited," or "nervous") and ask: "When might someone feel this way?" Students share real-life examples. This builds emotional awareness and connection.



2. THEME TALK

Walk in Their Shoes

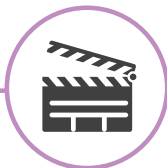
Ask: "How would you feel if your friend was left out?" Talk through common school situations and what others might feel. Practice saying, "I would feel ____ if that happened to me."



3. MOVE TOGETHER

Mirror Me

In pairs, one student makes slow movements while the other mirrors them exactly. Switch roles after 30 seconds. Talk about how paying close attention helps us understand others better.



4. ACT IT OUT

The Forgotten Invite

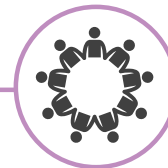
Create a skit where someone is left out of a party or game. Pause the scene and ask, "How do they feel? What can others do to show empathy?" Replay the scene using kind actions.



5. CREATIVE COLLECTIVE

Empathy Garden

Draw a big garden with empty flower stems. Each student adds a flower showing something kind they can say or do when someone's upset. The garden becomes a growing display of empathy.



6. CIRCLE WRAP-UP

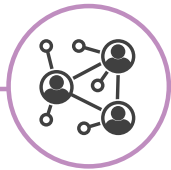
I Noticed Someone...

Ask: "Did you notice someone this week who was feeling something strong—happy or sad?" Let students share how they responded or how they might respond next time. This builds real-life awareness.



RESPECT FOR OTHERS

Respect means treating people with kindness, fairness, and care—no matter who they are. It's about listening, including, and using kind words. When you show respect, you help others feel safe and valued.



1. KICKOFF CONNECTION

Respect Looks Like...

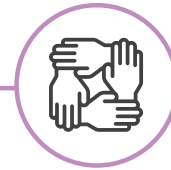
Go around the circle and ask: "What does respect look like at school?" Let students give examples like sharing, listening, or taking turns. Write ideas on the board to build a shared definition.



2. THEME TALK

Agree to Disagree

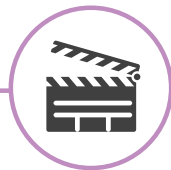
Ask: "Can we respect someone even if we don't agree with them?" Give examples (like different favorite foods or sports teams). Discuss how respect doesn't mean always agreeing—it means being kind no matter what.



3. MOVE TOGETHER

Follow the Leader

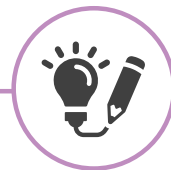
Play a quick game where students take turns leading movements and everyone else follows respectfully. Rotate the leader a few times. Afterward, talk about how it felt to be listened to and followed.



4. ACT IT OUT

The Interrupted Story

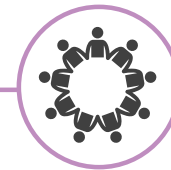
Set up a skit where someone keeps interrupting their classmate during a story or game. Ask the group, "What's the respectful way to listen?" Replay the scene showing better listening and kindness.



5. CREATIVE COLLECTIVE

Respect Tree

Draw a large tree on the wall or board. Each student adds a "leaf" with one way to show respect to others. The tree grows as the class learns together.



6. CIRCLE WRAP-UP

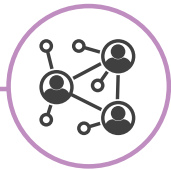
One Respectful Choice

Ask each student to share one respectful thing they did this week—at school, at home, or with a friend. Celebrate the everyday moments that show big character. Kindness adds up.



APPRECIATING DIFFERENCES

Appreciating differences means noticing what makes people unique—and seeing it as a good thing. We don't all look, act, or think the same, and that's what makes life interesting. When you appreciate others, you make space for everyone to belong.



1. KICKOFF CONNECTION

Something About Me

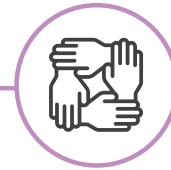
Go around and have students share something that makes them unique—family traditions, languages, favorite foods, hobbies. Celebrate the variety in the room. Say: "Different is special!"



2. THEME TALK

If Everyone Were the Same...

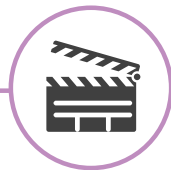
Ask: "What would school be like if everyone were exactly the same?" Let students imagine and describe that world. Talk about why differences make groups more fun, creative, and smart.



3. MOVE TOGETHER

Match & Mismatch

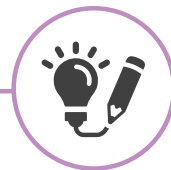
Call out prompts like "Everyone who loves pizza," "Everyone who has a sibling," "Everyone who wears glasses." Let groups form, then notice how people are alike and different. Celebrate both!



4. ACT IT OUT

Mix-Up Game

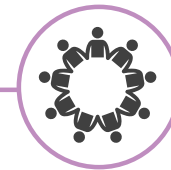
Act out a scene where someone is excluded for being different. Pause and ask: "What would help this person feel included?" Replay the scene showing acceptance and appreciation.



5. CREATIVE COLLECTIVE

All About Us Collage

Have students draw or write something that makes them special on a small piece of paper. Combine them into a giant class collage or quilt. It shows that everyone belongs—just as they are.



6. CIRCLE WRAP-UP

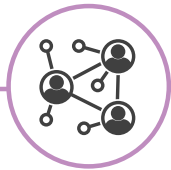
I See Something Special

Each student gives a compliment or kind observation to another classmate that highlights something unique about them. Keep it respectful and sincere. It builds a stronger, more inclusive classroom.



SOCIAL CUES

Social cues are the things people do with their faces, bodies, and voices that show how they feel. Paying attention to these clues helps you understand what someone might be thinking or feeling. It helps you respond in kind, helpful ways.



1. KICKOFF CONNECTION

Face It

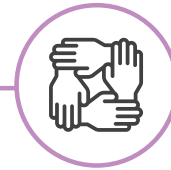
Show 3-5 emoji faces or photo cards of facial expressions. Ask: "What feeling do you think this face is showing?" Let students describe how they know—using eyes, mouth, or body clues.



2. THEME TALK

Watch and Wonder

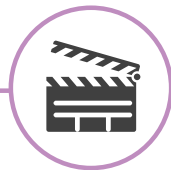
Ask: "Have you ever seen someone who looked upset but didn't say anything?" Talk about how noticing body language helps you understand others. Let students share times when they figured out how someone felt without them saying it.



3. MOVE TOGETHER

Emotion Walk

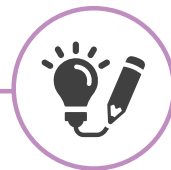
Call out an emotion (like tired, excited, embarrassed) and have students walk around the room acting it out with just body language. Then freeze and guess what others were showing. This builds awareness of nonverbal signals.



4. ACT IT OUT

What's the Clue?

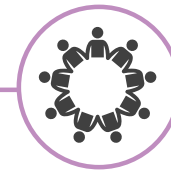
Create a skit where a student acts bored, frustrated, or nervous without saying a word. The group guesses what they're feeling and names the clue they saw (crossed arms, slumped shoulders, fidgeting). Replay it with a helpful response.



5. CREATIVE COLLECTIVE

Cue Chart

Create a class chart called "Social Clues We Notice." Students help list things like eye contact, crossed arms, smiles, slumped posture, etc. Post it in the classroom as a visual guide for reading the room.



6. CIRCLE WRAP-UP

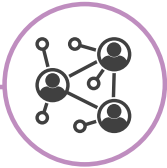
I Noticed...

Ask: "What's one social cue you noticed today—on the playground, in class, or during lunch?" Let students share what they saw and how they responded. This builds real-life awareness and empathy.



SOCIAL NORMS

Social norms are the shared rules about how to act in different places, like school, home, or public. They help people feel safe, respected, and included. When you understand social norms, you can be a better part of the group.



1. KICKOFF CONNECTION

What's the Rule?

Say a place—like the library, gym, or birthday party—and ask: "What are the unspoken rules there?" Students share what behaviors are expected. Talk about how different places have different norms.



2. THEME TALK

What If You Didn't?

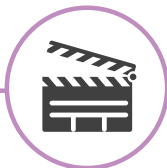
Ask: "What would happen if nobody followed the rules in class?" Let students describe the chaos or confusion. Then flip it—"What happens when we all try to follow them?"



3. MOVE TOGETHER

Norm Tag

Play tag with a twist: instead of running, everyone walks calmly, like you're in the hallway. The tagger must follow the "norm." This playful game reminds students that expectations change based on the setting.



4. ACT IT OUT

Right Place, Wrong Behavior

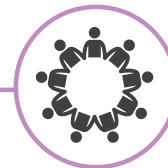
Act out a scene where someone does something silly in the wrong setting—like yelling in a library or dancing during a quiet lesson. Ask: "Why doesn't that work here?" Then replay it the respectful way.



5. CREATIVE COLLECTIVE

Classroom Norm Poster

As a group, create a poster titled "In Our Classroom We..." Students add norms they want to follow, like "listen when others speak," or "clean up after ourselves." Keep it visible as a group agreement.



6. CIRCLE WRAP-UP

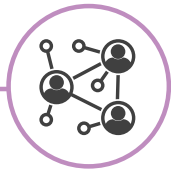
One Way I Helped

Ask students to share one way they followed a social norm today that helped the group—like lining up quietly or staying on task. It reinforces the idea that small behaviors have a big impact on the classroom community.



COMMUNITY INVOLVEMENT

Community involvement means helping out and being part of the world around you. It's about working together to make your school, neighborhood, or world a better place. When you care about your community, your actions matter more.



1. KICKOFF CONNECTION

What's a Community?

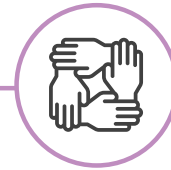
Ask: "What is a community, and who's in it?" Let students list people like teachers, neighbors, friends, store workers, and helpers. Emphasize that we're all part of many communities.



2. THEME TALK

Helping Hands

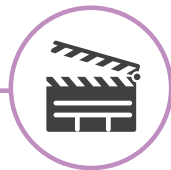
Ask: "Who helps make our classroom better every day?" Write down the answers (janitor, teacher, line leader, tech helper). Talk about how we can be helpers too—even in small ways.



3. MOVE TOGETHER

Helper Relay

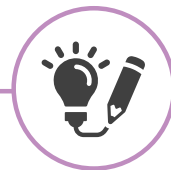
Set up a classroom task race (like sorting supplies, cleaning up, or passing papers) as a fun team relay. Everyone plays a role and helps the team. Afterward, connect it to how communities work best when everyone helps.



4. ACT IT OUT

The Litter Problem

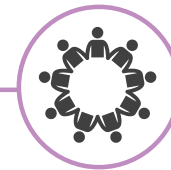
Act out a skit where someone sees trash on the ground but walks past it. Pause and ask: "What could a caring community member do?" Replay the scene with different ideas and small acts of responsibility.



5. CREATIVE COLLECTIVE

Our Community Map

Create a giant poster of your local community—real or imagined—and add people who help (mail carrier, nurse, teacher, firefighter). Students add themselves too, showing how they can be helpful members.



6. CIRCLE WRAP-UP

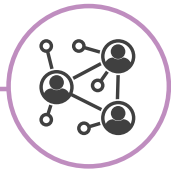
One Way I Helped

Each student shares one way they helped someone in their community this week. It could be at school, home, or in their neighborhood. Celebrate the power of everyday kindness.



CIVIC AWARENESS

Civic awareness means understanding how your community and world work, and knowing you have a voice. It's about learning the rules, leaders, and responsibilities of being a good citizen. Even as a kid, you can make a difference.



1. KICKOFF CONNECTION

Who Makes the Rules?

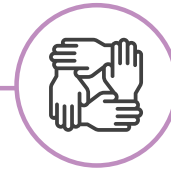
Ask: "Who makes the rules at school? At home? In the country?" Write answers on the board and discuss how leaders help guide communities. This builds awareness of systems and fairness.



2. THEME TALK

Fair for Everyone

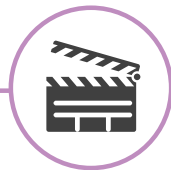
Pose a question: "What does it mean to make things fair—not just for you, but for everyone?" Talk about fairness vs. equality and give kid-level examples (like sharing supplies, letting others have a turn).



3. MOVE TOGETHER

Citizens in Action

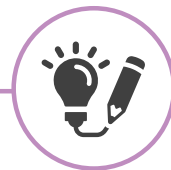
Create 3 "zones" in the classroom: speak, listen, and vote. Give a fun topic (like favorite recess activity) and let students practice being citizens—sharing ideas, listening respectfully, and voting. This introduces decision-making and respectful disagreement.



4. ACT IT OUT

Rule Change

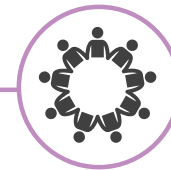
Act out a skit where a rule seems unfair. Pause and ask: "What could you do to speak up or make it better?" Practice using respectful voices and offering solutions. Replay the scene with a group fix.



5. CREATIVE COLLECTIVE

Class Constitution

Work together to create a "Class Constitution" with 5-7 rights and responsibilities. Students suggest and vote on ideas. Post it in the room as a symbol of group agreement and fairness.



6. CIRCLE WRAP-UP

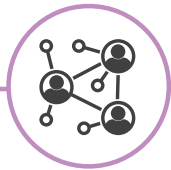
I Spoke Up

Ask: "Did you speak up for something fair this week?" Students can share moments big or small, even if they were nervous. Reinforce that speaking up respectfully is an important part of being a citizen.



GLOBAL AWARENESS

Global awareness means understanding that people around the world live differently—and that we're all connected. It helps you appreciate new cultures, ideas, and ways of life. The more you learn about others, the more you grow yourself.



1. KICKOFF CONNECTION

Where Would You Go?

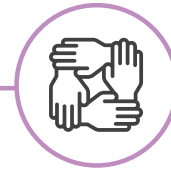
Ask: "If you could visit anywhere in the world, where would you go?" Let students share and imagine what it would be like. This opens minds to the idea of other cultures and places.



2. THEME TALK

Different, Not Weird

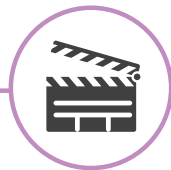
Talk about how people around the world eat different foods, speak different languages, and celebrate in different ways. Ask: "Have you ever seen something new and thought it was weird?" Reframe "weird" as "different and interesting."



3. MOVE TOGETHER

Around the World

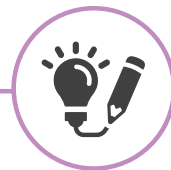
Play music from different cultures and do simple movements or dances from those places. Respectfully introduce the name and country. Talk about how movement is a universal way people connect.



4. ACT IT OUT

Celebrate Something New

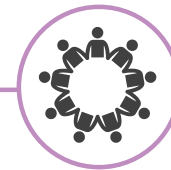
Act out a scene where a student sees a cultural tradition they've never seen before. Pause and ask: "How can they respond with curiosity and respect?" Replay the scene with a kind, thoughtful reaction.



5. CREATIVE COLLECTIVE

My World Window

Give each student a "window" shape on paper. Inside it, they draw something they'd love to see or learn about in another part of the world. Combine them into a class mural of curiosity and global thinking.



6. CIRCLE WRAP-UP

One Thing I Learned

Ask: "What's one thing you learned today about the world beyond our classroom?" Let each student share a small insight or question they still have. Remind them: learning about others helps us grow too.

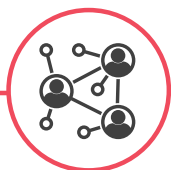


INTERPERSONAL SKILLS



COMMUNICATION

Communication means sharing your thoughts, feelings, and ideas in a clear and respectful way. Good communication helps you solve problems, make friends, and work well with others. It includes talking, listening, body language, and tone of voice.



1. KICKOFF CONNECTION

Say It Better

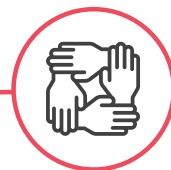
Give a simple sentence like "Move over" and ask: "How could you say this in a kinder way?" Let students rephrase it into something more respectful. Talk about how tone and words matter.



2. THEME TALK

Words + Actions

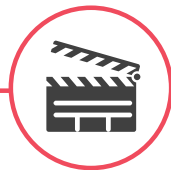
Ask: "Have you ever said something nice, but your face or tone didn't match?" Talk about how people understand us by what we say and how we say it. Let students practice matching words to expressions.



3. MOVE TOGETHER

Message Pass

Students form two lines. Whisper a message down the line like telephone, but include one gesture or facial expression too. Compare the final message to the original, and talk about how messages can change.



4. ACT IT OUT

Mixed-Up Message

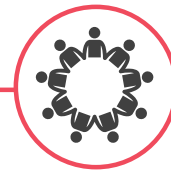
Act out a scene where two characters misunderstand each other (like giving unclear directions or interrupting). Ask: "What could they do to fix the communication?" Replay it with stronger communication skills.



5. CREATIVE COLLECTIVE

Communication Toolbox

Create a poster of tools for good communication (like eye contact, kind words, asking questions, clear directions). Students help design the icons or phrases. Refer to the toolbox during class discussions and group work.



6. CIRCLE WRAP-UP

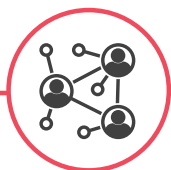
One Thing I Said Well

Ask: "What's one time today you communicated clearly or kindly?" Let students share big or small moments. Reinforce that communication takes practice—and progress matters.



COOPERATION

Cooperation means working together to reach a goal or solve a problem. It means listening, sharing, taking turns, and being flexible. When we cooperate, we get more done and build stronger teams.



1. KICKOFF CONNECTION

Team Puzzle

Give each small group a simple puzzle (physical or paper). They must work together without talking. Afterward, ask: "Was it easy or hard? What helped you cooperate?"



2. THEME TALK

Me + We

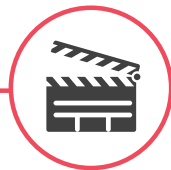
Ask: "Why do teams need cooperation?" Talk about what happens when one person takes over—or when no one helps. Let students share stories of when they worked well as a group.



3. MOVE TOGETHER

Partner Mirror

Pair students up. One leads slow movements while the other mirrors them exactly. Switch roles and discuss what helped them cooperate and stay in sync.



4. ACT IT OUT

The Group Project

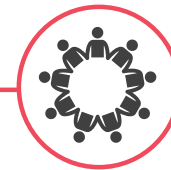
Create a skit where one person tries to do everything—or nothing. Ask: "How can the group cooperate better?" Replay it with shared responsibilities and respectful teamwork.



5. CREATIVE COLLECTIVE

Recipe for Teamwork

On a big poster, write "Recipe for Teamwork." Students add ingredients like "1 cup of listening," "a spoonful of patience," or "a dash of kindness." Decorate it like a recipe card and post it in the classroom.



6. CIRCLE WRAP-UP

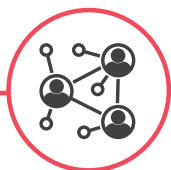
I Was a Team Player

Ask students to share one moment when they helped the group, listened to others, or shared a task. Celebrate their cooperation. Remind them that small actions make a strong team.



CONFLICT RESOLUTION

Conflict resolution means finding peaceful ways to solve problems with others. It's about staying calm, listening, and working things out instead of fighting or shutting down. Everyone has conflicts—it's how we handle them that matters.



1. KICKOFF CONNECTION

Little Conflicts

Ask: "What's a small disagreement you've had lately—like over a game, a turn, or a toy?" Let students share common examples. Remind them that conflict is normal and can be solved calmly.



2. THEME TALK

Stop, Talk, Listen

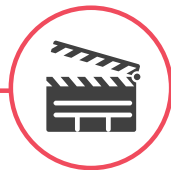
Introduce the idea of steps: stop and breathe, talk it out, listen to the other person, and work together. Ask: "Which step is hardest for you?" Practice a simple script students can use during conflict.



3. MOVE TOGETHER

Role Switch

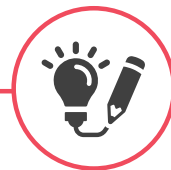
Call out conflict scenarios (e.g., "Someone bumped you in line") and have students silently act out an angry reaction. Then have them switch and act out a calm response. Talk about which felt better and why.



4. ACT IT OUT

The Playground Fight

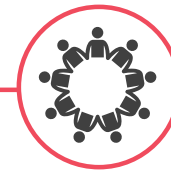
Act out a scene where two kids argue over a ball. Pause the skit and let students offer solutions. Replay the scene using calm voices, listening, and compromise.



5. CREATIVE COLLECTIVE

Problem-Solver Wheel

Create a paper wheel or poster with go-to strategies: walk away, take turns, share, ask an adult, etc. Students help name and decorate each one. Use it during the week when conflicts come up.



6. CIRCLE WRAP-UP

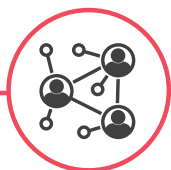
I Solved It

Ask students to share a time when they used a strategy to solve a problem or avoid a fight. Celebrate peaceful problem-solvers. Remind the class that mistakes happen—and so do second chances.



ACTIVE LISTENING

Active listening means really paying attention to someone when they're speaking. It means using your eyes, ears, and body to show you care. When you listen well, people feel heard and respected.



1. KICKOFF CONNECTION

What's the Signal?

Ask: "How do you know someone is really listening to you?" Let students describe what good listeners look and sound like. Make a quick list of "listening clues."



2. THEME TALK

Eyes, Ears, Heart

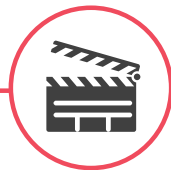
Draw or show icons for eyes (look at the speaker), ears (hear the words), and heart (care about what they say). Ask: "Why are all three important?" Practice active listening in pairs.



3. MOVE TOGETHER

Whisper Pass

Form a circle and pass a whispered message around. Afterward, compare the final message to the original. Talk about how focus, attention, and memory help us listen better.



4. ACT IT OUT

The Distracted Friend

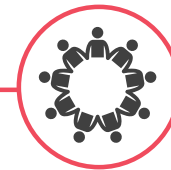
Act out a scene where someone is pretending to listen (looking away, interrupting, etc.). Ask: "How would that feel?" Then act out the same scene with full, active listening.



5. CREATIVE COLLECTIVE

Listening Pledge

As a class, create a "Listening Pledge" with 3-5 statements about what active listening looks like. Decorate and sign it together. Display it near the meeting circle.



6. CIRCLE WRAP-UP

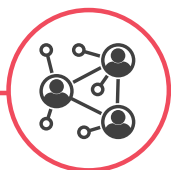
I Really Listened

Invite students to share one time this week they really listened to someone—at school or at home. Let them explain what helped them focus. Remind them that listening is a way to show respect.



SHARING

Sharing means letting others use or enjoy something you have. It can be a toy, a turn, a space, or even your time. When you share, you build trust and make your classroom feel more fair and kind.



1. KICKOFF CONNECTION

Easy or Hard?

Ask: "Is it easy or hard for you to share?" Let students raise hands or give a thumbs up/down. Talk about how it depends on what you're sharing and how you feel that day.



2. THEME TALK

Fair Doesn't Mean Equal

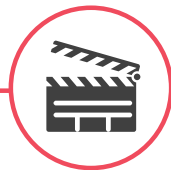
Say: "Sometimes sharing doesn't mean splitting everything 50/50—it means making sure everyone has what they need." Give examples like letting a friend have the first turn, or sharing more with someone who has less. Let students share what fairness means to them.



3. MOVE TOGETHER

Share the Space

Play a simple game like "musical spots" where students have to fit into smaller and smaller spaces safely and cooperatively. Talk about how sharing space takes awareness and kindness. Repeat with partner stretches or seated circles.



4. ACT IT OUT

The Last Crayon

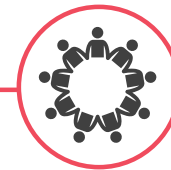
Act out a scene where two students want the last of something (a crayon, a chair, a turn). Ask: "What could they do to share?" Try different endings—compromise, wait and trade, or take turns.



5. CREATIVE COLLECTIVE

Share Stars

Give each student a star cutout. They write or draw a time they shared something with a friend or sibling. Collect and post the stars on a bulletin board to create a galaxy of generosity.



6. CIRCLE WRAP-UP

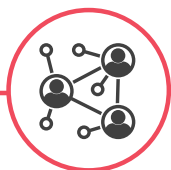
I Shared...

Ask students to name one thing they shared this week—physical, emotional, or time. Even small examples count. Praise the effort and keep the momentum going.



FRIENDSHIP BUILDING

Friendship building means getting to know others, being kind, and showing that you care. Good friends listen, include others, and help people feel accepted. Making and keeping friends takes practice and heart.



1. KICKOFF CONNECTION

Friendship Chain

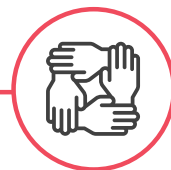
Have each student say one quality they like in a friend (like funny, loyal, good listener). Link each idea on a strip of paper to create a growing paper chain. Talk about how these qualities connect us.



2. THEME TALK

What Makes a Friend?

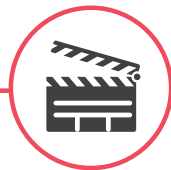
Ask: "What makes someone a real friend—not just someone you know?" Let students share traits like honesty, fun, and being there in tough times. Compare a real friend to someone who only acts nice sometimes.



3. MOVE TOGETHER

Partner Shuffle

Students form pairs and follow simple prompts (e.g., "Find someone who likes the same color," "Find someone who has a pet"). They talk briefly, then move to a new partner. It helps students connect with many classmates.



4. ACT IT OUT

The New Kid

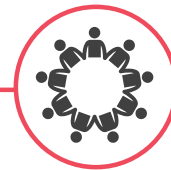
Act out a scene where someone new joins the class or playground. Ask: "What can we do to help them feel welcome?" Replay the scene showing inclusion, kindness, and curiosity.



5. CREATIVE COLLECTIVE

Friendship Recipe

Create a class "recipe" for friendship with ingredients like "1 scoop of kindness," "2 cups of fun," and "a sprinkle of honesty." Students can draw or write favorite parts of friendship. Post the recipe in your classroom.



6. CIRCLE WRAP-UP

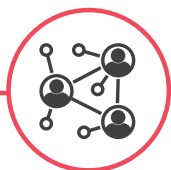
I Was a Friend By...

Ask each student to share one thing they did this week that showed friendship—like sitting with someone new, helping out, or listening. Reinforce that small moments build strong friendships.



NEGOTIATION

Negotiation means working together to find a solution that works for everyone. It's about listening, staying calm, and making fair deals—not just getting your way. Good negotiators care about what others need, too.



1. KICKOFF CONNECTION

Pick the Game

Say: "Two people want to play different games at recess. What should they do?" Let students brainstorm options: take turns, combine games, or create a new plan. This gets them thinking about give-and-take.



2. THEME TALK

Win-Win

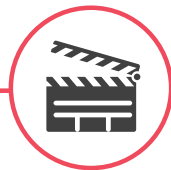
Explain that a good negotiation ends in a "win-win"—where both people feel okay with the outcome. Ask: "Can you think of a time when you made a deal that helped everyone?" Let students share or make one up.



3. MOVE TOGETHER

Trade & Share

Play a simple game using objects (like blocks, cards, or pencils). Students take turns offering and trading items, explaining what they want and listening to the other person. Emphasize fairness and clear communication.



4. ACT IT OUT

The Recess Disagreement

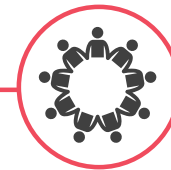
Set up a scene where two kids want to do different things. Pause and ask the class to suggest compromise ideas. Replay the scene using student solutions.



5. CREATIVE COLLECTIVE

Fair Deal Chart

Work together to create a chart with ways to handle common kid conflicts: who goes first, how to share space, what game to play. Add symbols or drawings for each solution. Post it as a go-to negotiation guide.



6. CIRCLE WRAP-UP

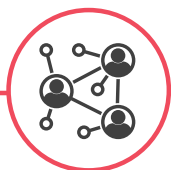
I Made a Deal

Invite students to share a time this week when they solved a problem with fairness. It could be about sharing, taking turns, or making a plan. Celebrate respectful deal-making.



TRUSTWORTHINESS

Trustworthiness means people can count on you to be honest, dependable, and do what you say. When you keep your promises and tell the truth, others feel safe with you. Trust is something we earn—and protect.



1. KICKOFF CONNECTION

Can You Count On Me?

Ask: "What's something people can count on you for?" Go around and let students share. Talk about how trust grows when we do what we say we'll do.



2. THEME TALK

Broken Trust

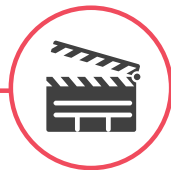
Ask: "What happens when someone breaks your trust?" Let students describe how it feels. Then ask: "How can they earn it back?" Emphasize honesty, apologies, and follow-through.



3. MOVE TOGETHER

Trust Balance

Set up a basic obstacle course or partner movement activity where students must guide each other with eyes closed. Talk about what it felt like to rely on someone else. Connect it to trust in everyday life.



4. ACT IT OUT

The Forgotten Promise

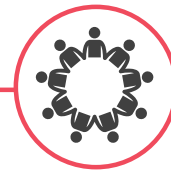
Act out a scene where a student promises to bring something or help—but doesn't follow through. Ask: "What could they do to rebuild trust?" Replay the scene with an honest fix.



5. CREATIVE COLLECTIVE

Trust Tree

Create a class tree where each student writes a trustworthy quality on a leaf ("keeps secrets," "tells the truth," "shows up"). Add the leaves to a large trunk that says "We build trust." Use it as a class reminder.



6. CIRCLE WRAP-UP

I Followed Through

Ask students to name one time this week they kept a promise, told the truth, or helped someone depend on them. Reinforce that trust is built through actions, not just words.

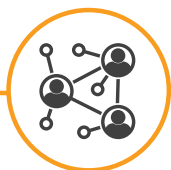


RESPONSIBLE DECISION MAKING



CURIOSITY

Curiosity means wanting to learn, ask questions, and discover how things work. Curious people explore ideas and aren't afraid to wonder. Curiosity helps us grow and makes learning fun.



1. KICKOFF CONNECTION

Wonder Wall

Ask: "What's something you've always wondered about?" Let students share silly, serious, or random questions. Write a few on the board and call it your "Wonder Wall."



2. THEME TALK

Good Questions

Ask: "What's the difference between a 'good' question and a 'fast' answer?" Let students reflect on why asking great questions leads to deeper thinking. Share some real examples from class or life.



3. MOVE TOGETHER

Curiosity Walk

Post mystery items or photos around the room (like magnified objects or fun facts). Students walk in pairs and discuss what each thing might be. Talk about how curiosity leads to discovery.



4. ACT IT OUT

The Curious Character

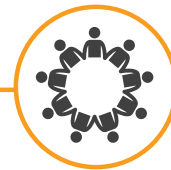
Have students act like curious characters—scientists, detectives, or explorers—asking questions and making observations. Let them improvise short scenes. Curiosity becomes a performance skill too!



5. CREATIVE COLLECTIVE

I Wonder Poster

Create a giant poster titled "We Wonder..." and let students add their own questions on sticky notes or drawings. Hang it up all week and refer to it during lessons or transitions.



6. CIRCLE WRAP-UP

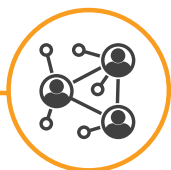
One New Thing

Ask each student to share one thing they learned or noticed this week that was new. Celebrate the act of noticing, not just knowing. That's curiosity in action.



OPEN-MINDEDNESS

Open-mindedness means being willing to listen to new ideas, try new things, and consider different points of view. It helps you learn, make new friends, and understand others better. Being open-minded doesn't mean agreeing with everything—it means being respectful and curious.



1. KICKOFF CONNECTION

Try It or Not Yet?

Ask: "What's something you've never tried—but might be open to trying someday?" Let students share food, activities, or ideas. Talk about how trying new things takes courage and an open mind.



2. THEME TALK

See It a New Way

Ask: "Can two people see the same thing differently?" Show an optical illusion or describe a disagreement. Let students explain their views and listen to each other without interrupting.



3. MOVE TOGETHER

Perspective Switch

Have students line up and then switch places with someone across the room. Ask: "What do you see now that you didn't see before?" Relate it to seeing things from different perspectives.



4. ACT IT OUT

The Great Debate

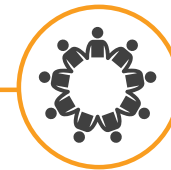
Choose a lighthearted topic (like cats vs. dogs, indoor vs. outdoor recess). Students take sides and act out each point of view. Afterward, ask how it felt to listen to someone who disagreed respectfully.



5. CREATIVE COLLECTIVE

"What If?" Wall

Make a big class wall with the question: "What if we..." Let students add open-minded ideas like "tried a new game," "read a different kind of book," or "ate lunch with someone new." Celebrate fresh thinking.



6. CIRCLE WRAP-UP

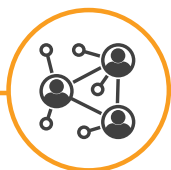
I Gave It a Chance

Ask: "What's something new you tried this week, even if it was small?" Let students share brave and open-minded moments. Remind the class that growth happens when we say "maybe" instead of "never."



ANALYZING INFORMATION

Analyzing information means looking closely at facts, asking questions, and thinking carefully before making a decision. It helps you figure out what's true, what matters, and what you should do next. When you stop and think, you make smarter choices.



1. KICKOFF CONNECTION

What's Missing?

Show a simple picture, short story, or set of clues with one important piece missing. Ask: "What do we need to know to figure this out?" This gets students practicing observation and curiosity.



2. THEME TALK

Fact or Opinion?

Give statements and ask students: "Is this a fact or an opinion?" (Example: "Dogs are better than cats" vs. "Dogs have four legs.") Talk about why it's important to know the difference—especially when solving problems.



3. MOVE TOGETHER

Clue Collector

Place 3-5 stations around the room with short "clues" about a mystery (e.g., "Who left the backpack?"). Students move in teams to read and analyze each clue. They work together to draw a conclusion from the evidence.



4. ACT IT OUT

Jump to Conclusions

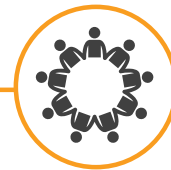
Act out a scene where someone makes a snap judgment without knowing the full story. Ask: "What information did they miss?" Replay the scene with more careful thinking.



5. CREATIVE COLLECTIVE

Think Bubble Chart

Create a large brain-shaped poster. Students add questions inside it that someone could ask when they're unsure what to believe ("Is it true?", "Who said it?", "What's the full story?"). Keep it posted as a tool for critical thinking.



6. CIRCLE WRAP-UP

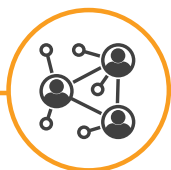
I Looked Closer

Ask: "What's something this week that you looked at more carefully before deciding?" Let students share moments when they paused to think or ask questions. Celebrate thoughtful learners.



PROBLEM SOLVING

Problem solving means finding smart, fair, or kind ways to fix something that isn't working. It could be a disagreement, a mistake, or a challenge. Good problem-solvers stay calm, think things through, and try more than one idea.



1. KICKOFF CONNECTION

Everyday Problems

Ask: "What's a small problem you've solved recently?" Let students share everyday things—like fixing a broken pencil, deciding what to play, or working through a mistake. This shows that everyone is already a problem-solver.



2. THEME TALK

Try Another Way

Ask: "What do you do if your first idea doesn't work?" Let students share creative ways they've adapted or tried again. Talk about how flexible thinking helps solve problems.



3. MOVE TOGETHER

Puzzle Race

In small groups, students complete a simple puzzle or challenge (like stacking cups or building a shape)—but with a twist, like missing pieces or changed rules. Then they brainstorm workarounds. Celebrate creativity and flexibility.



4. ACT IT OUT

The Blocked Door

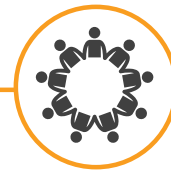
Act out a scene where a student wants to enter a classroom, but something's blocking the door. Ask the group to suggest multiple ways to solve the problem—then act them out. Reinforce that there's often more than one solution.



5. CREATIVE COLLECTIVE

Problem-Solver Toolbox

Create a poster labeled "Our Problem-Solver Toolbox." Students contribute ideas like "Ask for help," "Try again," "Take a break," or "Use kind words." Decorate it with real-life examples and refer back to it often.



6. CIRCLE WRAP-UP

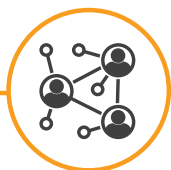
I Solved It

Ask students to share one small problem they solved this week. It could be on their own or with someone else. Celebrate every solution—big or small.



UNDERSTANDING CONSEQUENCES

Understanding consequences means realizing that every choice has an effect—good or bad. When you think ahead, you make smarter decisions. It helps you stay safe, solve problems, and take responsibility.



1. KICKOFF CONNECTION

Cause & Effect

Give a few funny or simple examples: "If I forget my shoes, then..." "If I yell in class, then..." Let students finish the sentences. This sets up the idea that actions always lead to results.



2. THEME TALK

Think It Through

Ask: "Have you ever made a choice and then thought—oops, I didn't think that through?" Let students share small mistakes and what they learned. Talk about pausing before acting.



3. MOVE TOGETHER

Choice Paths

Use tape to create two or three paths on the floor with simple signs ("Take a shortcut," "Help a friend," "Break a rule"). Students walk through each "choice" and guess the possible outcomes. Discuss how choices create different paths.



4. ACT IT OUT

What Happens Next?

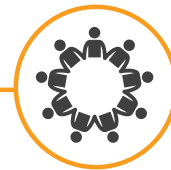
Act out a scene where someone makes a decision—like skipping homework or helping a friend. Pause and ask the group: "What happens next?" Try out different endings to see how consequences can change.



5. CREATIVE COLLECTIVE

Choice & Consequence Map

Pick a classroom scenario (like following directions or not sharing). Create a flowchart together that shows the possible consequences of different choices. Display it as a reminder that thinking ahead matters.



6. CIRCLE WRAP-UP

I Thought Ahead

Ask students to share one time this week when they paused and made a smart choice. Even small examples (like waiting, apologizing, or helping) count. Celebrate thoughtful decision-making.

RECOMMENDED RESOURCES



Emotional Intelligence Mindset Cards

52 Daily Habits for Confidence, Connection and Social Skills

Each card highlights an Emotional Intelligence skill with a key insight and real-life ways to practice it.

<https://selpowerpack.com/eqmindmaps/>

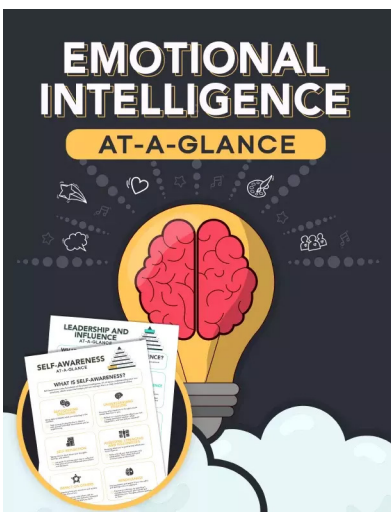


Peel & Stick Coping Wheel

The Wheel breaks down 36 different emotions, divided into six categories. For each emotion there's a suggested coping strategy.

You'll learn how to recognize your feelings, find new ways to cope with stress and build your social emotional skills.

<https://selpowerpack.com/wheel/>



Emotional Intelligence At A Glance

12 printable "cheat sheets" to boost your EQ, manage emotions and build better relationships!

Each lesson is featured on a printable 1-page handout, packed with easy to follow tips, prompts, and discussion starters.

<https://selpowerpack.com/eigance/>

Looking for more social-emotional learning resources? Our website is filled with hundreds of printable games, lesson plans, and worksheets to make SEL come alive for kids.

Visit selpowerpack.com to learn more today.

