

Daily SEL Challenge

Create a calming corner or spot in your house with your favorite things.



Write a journal entry about how you are feeling today.



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



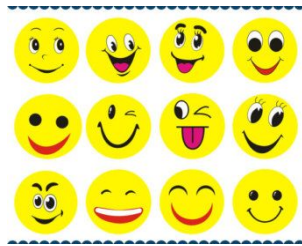
Make a list of 15 kind things you can do for others.



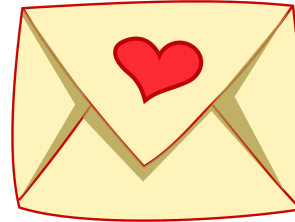
Do a mindfulness activity on GoNoodle Flow.



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



Write a kind note or letter to someone else. Take a picture of it or send an email.

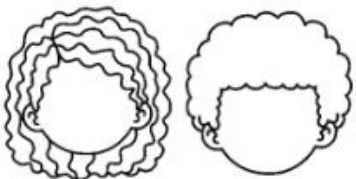


Teach your family about the Zones of Regulation. You can even create your own check-in.

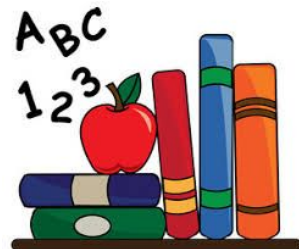
The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

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



Email a teacher and thank them for all of their hard work.



Spend time with a family member by watching a movie, playing a game or taking a walk together.



Teach a friend or family member a skill or strategy you've learned.

