

## SEL Calendar #2: May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Play “Emotion Charades” with your family: Each member writes 3 different emotion words and puts them in a hat. Each person selects a paper from the hat and acts it out!
4 Write a “Thank you” note for your letter carrier and tape it to a space close to your mailbox.	5 Paint a rock with a message of hope or love. Place it on a trail for others to see.	6 Listen to a song you love. Write or draw a picture about how the song makes you feel.	7 Watch this video on the brain! <a href="#">Mojo Explains about the Brain</a>	8 Think about an Inspiring Woman in your life. Write them a note of Gratitude and give it to them on Sunday for Mother’s Day.
11 Find a quote online that gives you hope during this time. Write 1-2 sentences about why you chose this quote.	12 Watch this video <a href="#">The Power of Yet</a> . Then change these sentences into growth mindset statements using “yet.” 1. I can’t do it 2. I am not good at this	13 Help a younger sibling, cousin, or friend to build/create/make something you’re good at. This could be done on FaceTime for Zoom!	14 Write a letter to your future self. What do you want to remember about this time? What life lessons are you learning? What are your hopes for the future?	15 Celebrate someone you know who has a birthday this month (or last month or next month!). You could make a sign, ask your parents to take you on a birthday car parade, or make a card and mail it!
18 Write a message of hope on the sidewalk outside your home.	19 Watch this video on “The Word Collector.” <a href="#">The Word Collector</a> Choose one word from the book and write it out in a way that shows you understand its meaning (ex. Consider font, pictures, etc).	20 Watch this read aloud: <a href="#">Sometimes I Feel Like a Fox</a> . Think about which animal you feel like today. Draw yourself as this animal.	21 Write 5 things you want to do when quarantine is over.	22 Make a gratitude note for the members of your family and leave them around your home in random places for them to find throughout their day.
25 Watch this Read Aloud: <a href="#">Trudy’s Rock Story</a> Go for a nature walk with your family. Select a rock to bring home. Consider using it to tell your emotions or feelings to. Decorate it or draw on it and put it back into the forest to bring joy to someone else.	26 Ask your parents about the story of your name. How did they come up with a name for you? Does your name have a meaning? Do you have more than one name?	27 Watch this Read Aloud: <a href="#">Ishi: Simple Tips from a Solid Friend</a> Write a list of 5 things you can do when you are having a “stinky day.”	28 Choose one object in your home and draw it from 3 different perspectives (ex. Bird’s eye, bugs eye, general).	29 Watch this read aloud: <a href="#">They All Saw a Cat</a> Discuss with your family why all the characters saw the cat differently? How does this book teach us about how we can all look at the same thing but see it differently (perspective)? Can you think of a time when you and a friend thought of the same person or event differently? Tell your family about it!