

# 2 Weeks of FREE Social Emotional Learning at Home on Google Slides

1 **Social Emotional Learning at Home DAY 1**

2 **EMOTIONS** Think: Do: Activity: Make a list of all the things that make you happy.

3 **Social Emotional Learning at Home DAY 2**

4 **Social Emotional Learning at Home DAY 2** Think: Activity: Draw an outline of your body when it feels angry. Mark the parts where you feel the anger in red.

5 **Social Emotional Learning at Home DAY 4**

6 **Social Emotional Learning at Home DAY 3** Activity: Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw a picture of yourself showing each emotion.

7 **Social Emotional Learning at Home DAY 3**

8 **Social Emotional Learning at Home DAY 5** Think: Do: Activity: Write/Draw something you worry about. Why do you worry about it? How does it affect your life? Can you control it? What are some steps to take to help with this worry?

9 **Social Emotional Learning at Home DAY 5** Think: Do: Activity: Set a timer for 4 minutes. Think of ALL the things you feel worried about. Now practice the finger breathing exercise you learned in the video. How do you feel?

10 **Social Emotional Learning at Home DAY 4**

11 **Social Emotional Learning at Home DAY 6**

12 **Social Emotional Learning at Home DAY 6** Think: Do: Activity: Think about a time when your "beast" appeared. Draw a picture of your beast.

13 **Social Emotional Learning at Home DAY 5**

14 **Social Emotional Learning at Home DAY 6**

15 **Social Emotional Learning at Home DAY 6**

16 **Social Emotional Learning at Home DAY 6**

17 **Social Emotional Learning at Home DAY 6**

18 **Social Emotional Learning at Home DAY 6**

19 **Social Emotional Learning at Home DAY 6**

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**The Social Emotional Teacher**

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7 **Social Emotional Learning at Home DAY 3**

8 **Social Emotional Learning at Home DAY 3** Think: Do: Activity: Draw an outline of your body when it feels angry. Mark the parts where you feel the anger in red.

9 **Social Emotional Learning at Home DAY 4**

10 **Social Emotional Learning at Home DAY 4**

11 **Worry Machine** Think: Do: Activity: Write/Draw something you worry about. Why do you worry about it? How does it affect your life? Can you control it? What are some steps to take to help with this worry?

12 **Social Emotional Learning at Home DAY 5**

13 **Social Emotional Learning at Home DAY 5** Think: Do: Activity: Draw an outline of your body when you feel nervous or scared. Mark the parts where you feel the nervousness or fear.

14 **Social Emotional Learning at Home DAY 5** Think: Do: Activity: Set a timer for 4 minutes. Think of ALL the things you feel worried about. Now practice the finger breathing exercise you learned in the video. How do you feel?

15 **Social Emotional Learning at Home DAY 6**

16 **Social Emotional Learning at Home DAY 6** Think: Do: Activity: Think about a time when your "beast" appeared. Draw a picture of your beast.

17 **Social Emotional Learning at Home DAY 6**

18 **Social Emotional Learning at Home DAY 6**

19 **Social Emotional Learning at Home DAY 6**

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