

MARCH  
11TH

# CELEBRATE SEL DAY AT HOME!

## Family Activities that Build Social Emotional Skills



### Conversation Starters

Family conversations are a great way to make connections and check in with each other.



### Community Projects

Check your local areas to find a place where you can volunteer as a family and give back to the community.



### Gratitude Jar

Encourage family members to write or draw what they are thankful for and put in a jar. At the end of the week open the jar and read together as a family.



### Set Smart Goals

Self-motivation is an essential component to social-emotional learning. Work with your children to set a SMART goal. SMART goals must be Specific, Measurable, Agreed-Upon, Relevant, and Time-Bound.



### Zen Zone

As a family, talk about how to manage your emotions and create a calm space in your home.

#SELday