## Christina School District SEL Choice Board
for grades 3-5- Optional

| Draw a picture of yourself. Write at leasts 10 strengths all around the image. | Make a list of your top strengths using only emojis or symbols | **Alternate Nostril Breathing**
1. Let’s start with a few deep breaths through the nose.
2. Inhale, close the right nostril by pressing the side of the nose with the right thumb.
3. Exhale out the left nostril
4. Inhale through the left nostril
5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
6. Exhale out the right nostril.
7. Inhale through the right nostril.
8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
9. This is one round. Complete 2 or 3 rounds by repeating steps 2-8. End on a left exhalation.
10. Take a few regular breaths.
11. Notice how you feel. | **Fill up you Worry Cup**
This can assist students in identifying issues that can bring on anxiety.

Start a conversation with your child about worry. Explain how we all have things to worry about, they may be big or small, and they may make us feel uneasy. Let them know these feelings of worry can creep up on us, and it helps to talk about them. Take a few minutes to think and talk about things that worry them. Print a worry cup using the link below, or draw a cup on a piece of paper, write down things that worry them in the worry cup.

Provide your child with examples of calming/coping skills, imagine your favorite place, picture people you care about or take a break (a walk around)

### Christina School District SEL Choice Board
for grades 3-5- Optional

<table>
<thead>
<tr>
<th>Practicing Positive Self Talk</th>
<th>Setting Goals and Making Plans</th>
<th>Move this World</th>
</tr>
</thead>
</table>
| **Self-talk means:** *the act or practice of talking to oneself either aloud or silently*. Think of it as that little voice you hear inside your head. What we think to ourselves when something makes us feel bad or upset can really hurt us more or make us feel better. For example, if you found out you weren’t invited to a friend’s birthday party how would that make you feel? We have the power to help ourselves feel better by using positive self-talk. For example, the next time something like that happens, say to yourself “it’s OK, I know I’m a great friend and I’ll get invited to other parties.” You can also use the link below to a worksheet. On this worksheet, you’ll see a list of positive self-talk phrases on one side and on the other side are different feelings. Take your time to read each of those feelings. Then draw a line to the positive phrase you can tell yourself. [https://media.centervention.com/pdf/Positive-Thoughts-Worksheet.pdf](https://media.centervention.com/pdf/Positive-Thoughts-Worksheet.pdf) | **A goal is something we dream about or desire to happen. A lot of people say ‘follow your dreams’ or ‘dream big’ and we should, but we need to have a plan in place to work towards it. Some steps we can take to do this are:**  
Step 1: Write down your goal (the thing that you want)  
Step 2: Think about how you can make it happen  
Step 3: Make a plan and write it down  
Step 4: Follow your plan and don’t give up! | **We all have emotions. Using the attached worksheet, how do the adults in your life handle their emotions?** [Insert Attachment] |

The Missouri Department of Elementary and Secondary Education created social emotional lesson plans for students K-12. Though the standards may not apply, the activities can be tweaked to meet the learning needs of the students in CSD. 


<p>| Choose any social rule or expectation. Design a poster explaining what the social rule is and why it is important. | Explain the quote: “Apologizing doesn’t mean you were wrong. Sometimes it means you value the relationship more than your ego.” | Think about one skill you know you could improve. Make a list of at least three steps to move in that direction. |
| List 8 things you can do to | Create your own movie or book title for a story about a great friendship. | |
| Make a list of 15 kinds of things | Describe a time you felt let | Check-in with yourself. Draw |</p>
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>you can do for others.</td>
<td>make the world a better place.</td>
</tr>
<tr>
<td></td>
<td>down or disappointed. How did you handle it?</td>
</tr>
<tr>
<td></td>
<td>and emoji for how you feel today and explain why.</td>
</tr>
</tbody>
</table>

- Links are case sensitive, please type exactly how they appear.