## Christina School District SEL Choice Board
for grades K-2- Optional

| List one strength you have starting with each letter of your name. | **Who’s safe to ask for help?**  
- Draw a leafless tree  
- Have leaves cut out and available  
- Provide examples of situations that may be unsafe  
  - A stranger calling with a cute puppy calling you over  
  - A stranger calling you over and offering candy  
- Discuss what they should do and who they should be able to talk to for help  
- Write these names on the leaves and blue to the branches of their tree  | **Play a game with your child to practice welcoming someone.**  
Say: “We’re going to play a welcoming game. Pretend I am your age and I just moved in next door.”  
You are meeting me for the first time. How can you welcome me?”  
Help your child do the following:  
- Say hello and tell you his or her name  
- Ask if you want to play  
- Show you some of his or her toys  
Then play with your child to show you feel welcome!  | **Fill up your 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)  
| Resources  
[cfchildren.org/resources/free-activities](https://cfchildren.org/resources/free-activities)  |  |  |  |
| **Identifying Emotions**  
Cut pictures out of magazines,  | **Color Find**  
Label a color to a specific  | This website has several lesson plans. Access can be  | The Missouri Department of Elementary and Secondary  |
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<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
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<tbody>
<tr>
<td>Picture selection</td>
<td>Pull pictures from photo books, use characters on a television show or in a story book, or use pictures from the internet showing different facial expressions. Write/type words that name emotions on a piece of paper: happy, sad, angry, excited, confused, surprised, disgust, afraid, shame (others can be added).</td>
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<tr>
<td>Emotion matching</td>
<td>Emotion (e.g. blue - sad, red - angry, yellow - happy). Share a scenario with your child and have them find a color in the house that represents the emotion one would feel if in that situation. <strong>Rule:</strong> Items can only be used once. <strong>Example:</strong> Parent: A boy fell off his bike and broke his leg. He felt… Child: (goes and gets a blue lego and brings it back to parent) - says “sad” Parent: Yes, he felt sad because he broke his leg and will not be able to ride his bike for awhile.</td>
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<tr>
<td>Color matching</td>
<td>Granted through creating an account or using an existing gmail/facebook account.</td>
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<tr>
<td>Free access</td>
<td>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. Free access - <a href="https://dese.mo.gov/college-career-readiness/school-counseling/curriculum/social-emotional-development-lesson-plans">https://dese.mo.gov/college-career-readiness/school-counseling/curriculum/social-emotional-development-lesson-plans</a></td>
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- Draw a picture of yourself doing something in a responsible way.
- Do something kind for someone. Write or draw about how it made them (and you) feel.
- Check-in with yourself. Draw an emoji for how you feel today and explain why.
- Draw a picture of a time someone was especially kind to you. Think about how it made you feel.

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