The goal of Summer Social Emotional Learning Activities is to provide opportunities for students to learn anytime and anywhere. The support staff of the Rock Island-Milan school district have been working hard to determine how we can continue to provide valuable learning opportunities for all of our students around social and emotional learning.

As students learn social and emotional skills, it is important that they have opportunities to practice and apply the skills in actual situations and be recognized for using these skills across a variety of settings. Prioritizing social and emotional learning in schools, and building bonds between students, parents, schools, coaches, and more is crucial in creating a safe learning community and helping to give kids the skills and social and emotional tools they’ll need for success.

This opportunity will provide meaningful independent activities for students to continue their learning at home. We have created a choice board for students to use during the summer weeks. Students are allowed to select the activities they would like to complete and discuss with a family member. There will also be activities for families and staff to improve our own skills around social emotional learning.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily Living</strong></td>
<td><strong>Daily Living</strong></td>
<td><strong>Daily Living</strong></td>
</tr>
<tr>
<td>(practice hygiene, sort laundry, clean....)</td>
<td>(practice hygiene, sort laundry, clean....)</td>
<td>(practice hygiene, sort laundry, clean....)</td>
</tr>
<tr>
<td><strong>Wash Your Hands</strong></td>
<td><strong>Wash Your Hands</strong></td>
<td><strong>Wash Your Hands</strong></td>
</tr>
<tr>
<td>A. Match Socks</td>
<td>A. Wash the dishes</td>
<td>A. Help your parents make a grocery list</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>B. Organize a clothing drawer or closet</td>
<td>B. Put Away Clean Dishes</td>
<td>B. Vacuum/Sweep the floors</td>
</tr>
</tbody>
</table>
Social Emotional

MINDFULNESS 5-4-3-2-1

Look around the room to find:
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste.

This is a grounding exercise that can help manage tough emotions and provide a mental reset when needed. After giving it a try, you can move to another room and try the same.

Social Emotional

Inside Out: Guess the Emotions Video

https://safeYouTube.net/w/w1fJ

Social Emotional

In My Heart: A Book of Feelings

Grade: K-6

https://safeYouTube.net/w/m3fJ

What small and/or big feeling(s) have you experienced today?

Grade: 7-12

Answer the above question: What small and/or being feelings have you experienced today.

When you identify a feeling; recognize how your body physically feels when you are experiencing a variety of feelings.

Does your heart start to race if you are angry? Do your palms start to get sweaty? If you’re happy, how do your body feel?

As we get older, when we recognize how our body feels physically, when we experience different emotions, it is easier to develop coping skills to deal with these emotions.
Ex.) If you are in a situation that makes you angry and your heart begins to race, and your palms start to sweat, these are signs your body is telling you that you are getting angry, when this physical things begin to happen come up with a plan:

- Take deep breaths
- Walk outside
- Talk to someone you trust about how you are feeling.

Learning these coping skills will help you to make healthy decisions.

<table>
<thead>
<tr>
<th>Adult Activity</th>
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</table>
| Mindful Minute: For the next minute or two, sit in silence, without doing anything, without saying anything, without any purpose except to just be here right now in this moment. Notice any thoughts that appear, and let them just pass through. Paying attention to the experience of doing nothing, notice how you feel without judgement or labels. | Write down the following goals you have:  
- A goal to accomplish this summer  
- A goal to accomplish this year  
- A goal to accomplish within the next five years | Do something for you today!  
It’s important to practice self-care so you can be your best self to help others. |