

#SELday

Social-Emotional Learning

KINDERGARTEN-GRADE 5 ACTIVITY PACK

On the second Friday in March, schools around the world will be celebrating SEL Day. What is SEL Day? It's a day when students, educators, and families can show their support for social-emotional learning (SEL) in schools. This pack contains activities, announcements, and an assembly script you can use in your school or classroom to celebrate the importance of SEL.

On SEL Day, join in the global celebration on social media. Post photos or videos of how your school or classroom is celebrating using the hashtags #SELday and #SecondStep. Follow these hashtags to see how others around the world are marking this day.

Find more engaging, free SEL activities at secondstep.org/free-sel-resources

Learn more about SEL Day at selday.org

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Use these announcements during the week leading up to SEL Day to engage your whole school community in celebrating social-emotional learning.

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Show your school's commitment to social-emotional learning with this SEL Day assembly. This script ties all the classroom SEL Day activities together in a fun, interactive assembly.

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Kindness Wall

KINDERGARTEN-GRADE 1 ACTIVITY

Overview

In this activity, students will celebrate SEL Day by creating a Kindness Wall for their classroom and decorating it with pictures of people in their lives being kind.



Bold—Teacher's script

Italics—Anticipated student responses

Objective

With adult support, students will be able to identify an example of someone in their life demonstrating kindness.

Materials

- 1 large piece of poster paper with the words "SEL Day Kindness Wall" written on it
- 1 large post-it note for each student
- Art supplies

Activity Notes

- If multiple classes in your school are doing this activity you could place one poster in a hallway and have all classes contribute to it instead of creating a poster in each class.
- After completing this activity you can continue to give students opportunities to add to their Kindness Wall. Make celebrating kindness a regular part of your classroom routine.
- If your school is doing the SEL Day assembly, look for 1–2 students from your class who may be willing to participate in the K–1 activity.

Getting Started (3 min.)

1. **Social-emotional learning day is coming up soon. Social-emotional learning is when we practice listening, noticing our feelings, being kind, and solving problems. To celebrate social-emotional learning day, we're going to think about ways to be kind.**
2. **What does it mean to be kind?** *Saying or doing things to help people feel good.*
3. **What are some ways people can show kindness?** *Asking if someone is okay. Offering to play or sit with someone. Offering to help. Sharing. Giving hugs.*

Practice (15 min.)

1. Show students the Kindness Wall poster. **This is our Kindness Wall. Today, we're going to cover it with examples of how to be kind.**
2. **Think of a time when someone did something kind for you.** Give think-time. **Turn and tell your neighbor who the person is, and how they were kind to you.** Give students time to discuss. Call on volunteers to tell their example to the class.
3. **Now, each of you is going to draw a picture of the person being kind. When you're done drawing, bring it up and we'll put your picture up on our Kindness Wall.**
4. Hand out post-it notes and art supplies and have students draw their pictures. If they're able, encourage them to label the people in their pictures with names, or write a sentence below their picture describing what happened.
5. As students finish, have them describe their picture to you. Then put the post-it note up on the Kindness Wall.

Check (2 min.)

1. **Look at all the acts of kindness on our wall! How many different acts are there?** Count all the different pictures with the class.
2. **One kind thing we can all do is thank people for being kind to us. The next time you see the person you drew today, tell them, "Thank you for being kind!"**

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I'm Happy When . . .

GRADES 2-3 ACTIVITY

Overview

In this activity, students will celebrate SEL Day by exploring what it feels like to be happy and how they can calm their body when they need to.

**Bold**—Teacher's script*Italics*—Anticipated student responses

Objective

By the end of this activity, students will be able to identify things in their lives that help them feel happy.

Materials

- 1 copy of the I'm Happy When . . . worksheet per student (alternative: students can draw their own on blank paper)
- Writing and drawing utensils

Activity Notes

- This activity features a video from Committee for Children called "What Makes Kids Happy?" hosted on YouTube. You can find the video at bit.ly/SecondStep_Happy.
- Near the end of the activity, students will have the opportunity to dance. If possible, create space for students to move, and review any guidelines you have to help them dance safely.
- After the activity, collect student worksheets and post them in the classroom or on a bulletin board.
- If your school is doing the SEL Day assembly (see below) look for 1–2 students from your class who are enthusiastic dancers and may want to help on stage with the Grade 2–3 activity.

Getting Started (3 min.)

1. **What was something that made you feel happy recently?** Call on 2–3 volunteers to briefly share their experiences.
2. **Happiness can look and feel different depending on the person or situation. What are some other words you can use to describe feeling happy?** *Content. Excited. Super-happy.*

Practice (15 min.)

Video

1. **We're going to watch a video of students sharing what makes them feel happy. While you're watching, think about things in your life that make you feel happy.**
2. Play the "What Makes Kids Happy?" video found at bit.ly/SecondStep_Happy. Pause it at the 0:35 mark.

Activity

1. You're now going to create your own "I'm Happy When . . ." signs.
2. Write the following sentence stem on the board:
I'm happy when _____.
3. Distribute the handouts and writing utensils. Have students complete the sentence stem and then draw a picture to accompany it.
4. While students are working, prepare to play the video again starting at the 0:35 mark.
5. When students are finished say, **We're going to share our work with each other in a special way. When the music starts, dance around the room with your sheet, showing it to your classmates as you dance.**
6. Prepare the class for dancing and start the video. Feel free to join in!

Check (2 min.)

1. Have class sit down.
2. **Thank you for sharing what makes you happy! Sometimes, when you're really happy you may need to help yourself feel calm. Let's all take three slow, deep belly breaths.**
3. Have the class take three slow, deep belly breaths.

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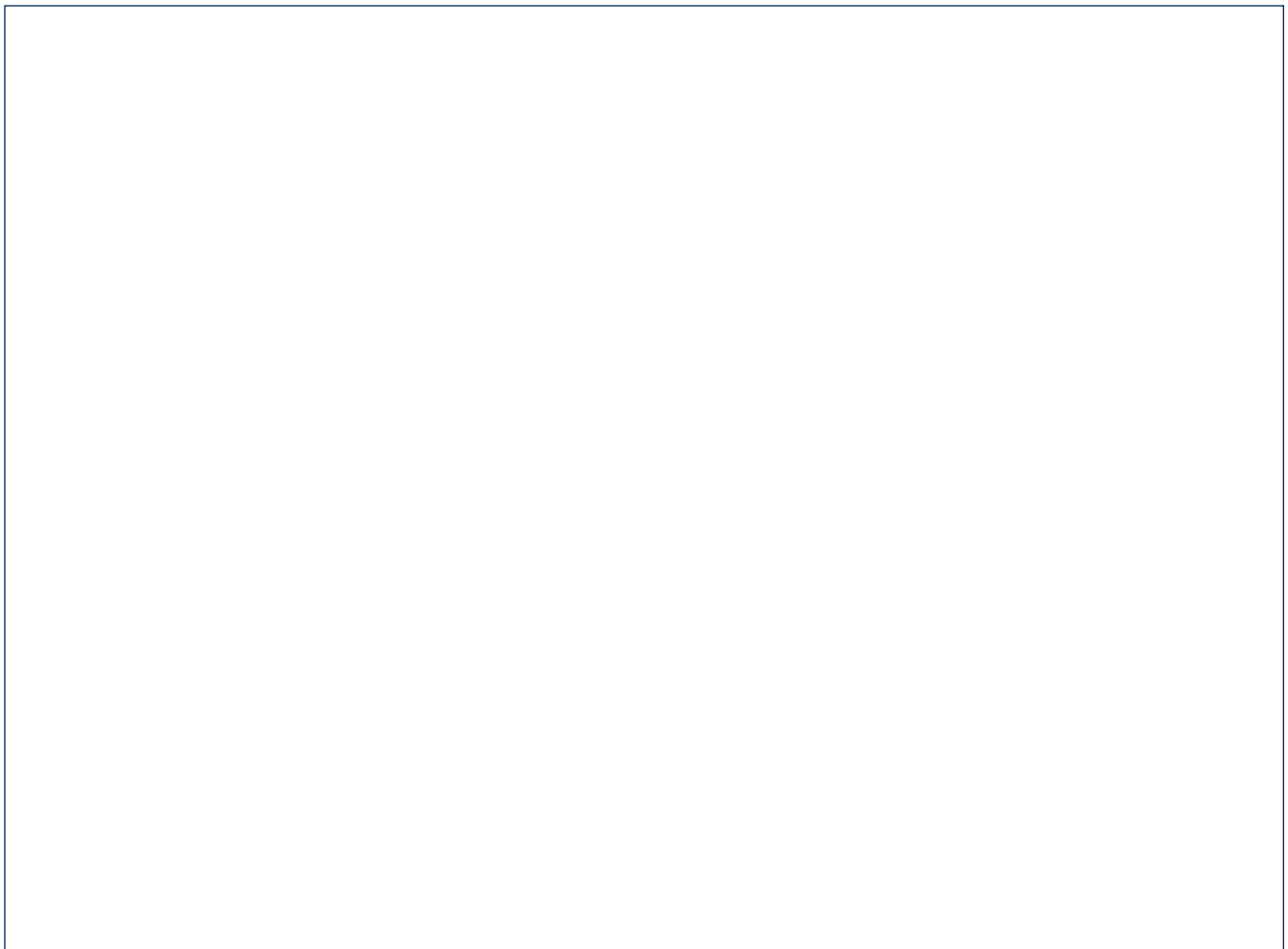
I'm Happy When . . .

ACTIVITY WORKSHEET

Think about something that makes you very happy, then finish the sentence below:

I'm happy when

Draw what makes you happy in the box below:



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Why SEL?

GRADES 4-5 ACTIVITY

Overview

In this activity, students will explore how social-emotional learning helps them personally and helps their school or community.



Bold—Teacher's script

Italics—Anticipated student responses

Objective

By the end of this lesson, students will be able to explain why social-emotional learning is important to them.

Materials

1 lesson worksheet or 1 blank piece of paper and writing utensil for each student

Activity Notes

- This activity features a video from Committee for Children called "Why SEL? Students' Perspectives" hosted on YouTube. You can find the video at bit.ly/WhySEL_Students.
- If your school is doing the SEL Day assembly (see below) look for 1–2 students from your class who may be willing to share their reasons why SEL is important during the Grade 4–5 activity.

Getting Started (3 min.)

1. **What does it mean to be kind?** Give students a moment to think, then call on a few volunteers to answer.
2. Write the words "Social-Emotional Learning" on the board.
3. **Kindness is just one part of social-emotional learning.** If you use the Second Step® programs at your school, remind students it's all about learning social-emotional skills.
4. **What are some other skills social-emotional learning teaches us?** *Make goals. Manage emotions. Have empathy for others. Solve problems.*
5. **Each of you uses social-emotional skills every day. Today, in honor of International SEL Day on the second Friday in March, we're going to explore why we think practicing these skills is important.**

Practice (15 min.)

Video

1. **We're going to watch a video of students sharing why social-emotional learning is important to them. While you're watching, think about whether you agree with their ideas.**
2. Play the "Why SEL? Students' Perspectives" video found at bit.ly/WhySEL_Students.

- 3. The students in the video talked about how social-emotional learning helps them and how it helps their schools and communities. What are some ways they said it helps them personally?**
Calm down. Be a better person. Work together. Become a leader.
- 4. How did the students say social-emotional learning could help their schools or communities?**
Stopped bullying. People would be kind. There would be no wars.

Activity

- 1.** Have students complete the Why SEL? worksheet, or answer the following questions on a piece of paper:
 - What social-emotional skills are most important to you?
 - How will practicing these skills help you personally?
 - How will practicing these skills help your school or community become a better place?
- 2.** When students have finished, have them share their responses with a partner. Call on a few volunteers to share their responses with the class.
- 3.** If time allows (or at a later date), record volunteers' answers and share them with your classroom or school community.

Check (2 min.)

- 1. Think of all the things we've heard today about the value of social-emotional learning. What's one idea you heard from someone else you hadn't thought of before?** Give students a moment to think, then call on volunteers to answer.

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Why SEL?

ACTIVITY WORKSHEET

Why do we practice social-emotional learning?

Choose the social-emotional skills most important to you:

- Setting goals
- Emotion management
- Kindness
- Empathy for others
- Problem-solving
- _____
- _____
- _____

How will practicing these skills help you personally?

How will practicing these skills help your school or community become a better place?

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School Announcements

Staff Announcement

This Friday is International Social-Emotional Learning Day. I encourage everyone to take a moment this week to reflect on all the work you're doing to make our school a safe, supportive, and welcoming place for our students. Every day I see staff supporting students' social-emotional well-being, and I thank you for your efforts.

This week we'll be celebrating our social-emotional learning work with special classroom activities, daily announcements, and an assembly this Friday on SEL Day. If you have specific stories of students or staff demonstrating strong social-emotional skills, please let me know so I can share those, too.

Family Announcement

This Friday is International Social-Emotional Learning Day! This is a chance to celebrate the work your child is doing to build important life skills like setting goals, handling big feelings, being kind to others, and solving problems. We also want to thank you for supporting your child's social-emotional development. You are your child's first and most important teacher, and we appreciate all you're doing for them.

Want to learn more about social-emotional learning? Watch this video from Committee for Children:

English: bit.ly/WhySEL

Spanish: bit.ly/QueEsSEL

Daily Morning Announcements

Monday

This Friday is International Social-Emotional Learning Day! All week we're celebrating the work you're doing to grow your brain, handle your big feelings, be kind toward and have empathy for each other, and solve problems.

We're also having an assembly this Friday, on Social-Emotional Learning Day. Leading up to the event, staff will be on the lookout for students who demonstrate strong social-emotional skills. If they see you, you could be honored at the assembly!

Tuesday

International Social-Emotional Learning Day is coming up in just three days! One important social-emotional skill is setting goals. Let's all practice by setting a goal right now. Close your eyes and think about one way you could be kind or helpful to a student or teacher today. (*Pause.*) Now that you have a goal, make sure you follow through and do your kind or helpful action before the end of the day.

Wednesday

Two days till Social-Emotional Learning Day! I'm hearing so many amazing stories from teachers about how you all are using your social-emotional skills. An important skill we can use every day is staying calm when we're experiencing a big emotion. One great way to be calm is to take three deep, slow belly breaths. Everyone, take three deep breaths with me.

(Breathe in and out slowly and loudly three times.)

Deep breaths can help calm your mind. Try it the next time you need to focus.

Thursday

Happy Social-Emotional Learning Day's Eve! Building friendships is a very important social-emotional skill. Today, try making a new friend. At lunch or recess, introduce yourself to someone you don't usually talk to and ask to play, or invite someone new to join in the game you're playing. Who knows, you may make a new friend.

Friday

Happy International Social-Emotional Learning Day! Today, across the country and around the world, schools are celebrating the importance of social-emotional learning and honoring students for all the work they're doing to build these critical life skills. Each of you has worked hard all year on these skills, too. Your teachers have seen the progress you're making, and I've seen it too. Thank you for all your hard work.

In honor of the progress you've made, we're having a special SEL Day assembly today. I cannot wait to see you all there.

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School Assembly Script

Goal

To celebrate students' work practicing their social-emotional skills

<p>When</p> <p>Hold this assembly on SEL Day, the second Friday in March</p>	<p>Time</p> <p>30 minutes</p>
<p>Key Messages</p> <ul style="list-style-type: none"> • Social-emotional learning is important. • Social-emotional learning is fun! 	<p>Materials</p> <ul style="list-style-type: none"> • A/V equipment to play YouTube videos • Student presenters should have examples of their class's work ready to show

Preparation

- Ahead of the assembly, ask staff to share stories of students using their social-emotional skills. Choose 2–4 students to honor during the final activity.
 - Print out the Social-Emotional Learning Champion certificates found at the end of this document and fill one out one copy for each student you'll honor.
- This assembly builds on the SEL Day classroom activities. Make sure at least one teacher in each grade band does the activity and identifies students to help with the grade-level activities. You'll need:
 - 2–3 kindergarteners and first-graders to share a kind thing someone did for them
 - 2–3 second- and third-graders to share what makes them happy and lead the assembly in dancing
 - 2–3 fourth- and fifth-graders to share why social-emotional learning is important to them
- Identify staff to lead each of the assembly activities.
- Identify staff or older students to act as greeters during the opening of the assembly. If you are a K–8 school, this is a great activity for middle school students.
- Have internet-connected A/V equipment ready and the following YouTube videos from Committee for Children queued up:
 - "Why SEL? Students' Perspectives" (Presentation 2): bit.ly/WhySEL_Students
 - "What Makes Kids Happy?" (Presentation 4): bit.ly/SecondStep_Happy.

Assembly Outline

Welcome

1. Before students arrive, post two staff members or older students at each entryway as greeters.
2. Have greeters warmly welcome students and offer high fives as they come in.

Introduction (School Leader)

Hello everyone. Welcome to our Social-Emotional Learning Day assembly. To help us get settled, let's all take three deep, slow belly breaths together.

Lead students in a series of deep, slow belly breaths.

Every day, we're all practicing our social-emotional skills, like setting goals, handling big feelings, showing kindness and empathy toward each other, and solving problems. Focusing attention is an important social-emotional skill I see many of you practicing right now!

Today we're here to celebrate the hard work you're all doing to grow your brains and build your social-emotional skills.

Activity 1: Kindergarteners and First-Graders Share Stories of Kindness (Kindergarten or Grade 1 Teacher)

Showing kindness toward others is an important social-emotional skill. This week, kindergarten and first-grade classes did a special project where they created "Kindness Walls" and covered them with examples of people showing kindness to each other. Now please welcome _____ (students who will share) to the stage to share acts of kindness they've seen.

Have selected kindergarteners and first-graders come up to share the stories they put on their Kindness Walls.

Thank you, _____ (students). Those were wonderful examples of showing kindness to others.

Activity 2: Why Is Social-Emotional Learning Important? (Grade 4 or 5 Teacher)

There are many different social-emotional skills, and they're all important in their own ways. This week, fourth- and fifth-graders reflected on which social-emotional skills were most important to them.

Play the "Why SEL? Students' Perspectives" video.

Now, let's welcome _____ (students who will share) to the stage to share their reflections on the importance of social-emotional learning.

Have selected fourth- and fifth-grade students share what they came up with in the "Why SEL?" activity.

I really appreciate hearing all the different reasons why you think social-emotional learning is important. Thank you _____ (students).

Activity 3: Social-Emotional Learning Champion Awards (School Leader)

It's time now to honor some of the social-emotional learning champions here at _____ (school name).

All this week, staff have been on the lookout for students who demonstrate strong social-emotional skills and chose _____ (number of students chosen) students as social-emotional learning champions. We saw so many examples, it was hard to pick just _____.

Give a big round of applause to _____ (chosen students).

Invite chosen students up onto the stage. As you hand each student their certificate read out the social-emotional learning skill they exemplified. Send students back to their seats.

Activity 4: What Makes Us Happy (Grade 2 or 3 Teacher)

Learning about our emotions is a big part of social-emotional learning. After all, it's right there in the name! This week, second- and third-grade students explored the emotion of happiness and identified things in their lives that make them happy.

_____ (students who will share) are going to tell you about things in their lives that make them happy.

Have chosen second- and third-grade students share their I'm Happy When ... worksheets.

Thank you for sharing, _____ (students). Let's all take a moment to quietly think about one thing in our lives that makes us feel happy. Give students a moment to think. Now, turn to the person next to you and tell them what you thought of. Give students a couple minutes to share, then call them back to attention.

Let's finish up our SEL Day assembly by hearing how other students answered this question.

Play the "What Makes Kids Happy?" video. When the dancing starts, students and staff on stage can dance, too. Encourage students in the audience to safely move their bodies to the music.

When the video is over, call students back to attention and send the chosen second- and third-graders to return to their seats.

Conclusion

Thank you all for helping us celebrate Social-Emotional Learning Day together! All the staff here see how hard you're working every day to grow your brain and learn these life skills. But, really, every day is SEL Day because every day we're practicing social-emotional learning. I can't wait to see how you're showing kindness, solving problems, and handling your emotions next week, next month, and next year.

Dismiss students and send them back to class.



is hereby recognized as a

Social-Emotional Learning Champion

for demonstrating the social-emotional skill of

Date

Signature

