

# 30 THINGS CARDINALS CAN DO FOR EMOTIONAL HEALTH!



Social-emotional learning opportunities for West Salem students while unexpectedly home Spring 2020

From Mrs. Chester, School Counselor  
Adapted from Mrs. Pendergrass, School Counselor

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| Practice taking 3 belly breaths every hour.  | Make a list of all the emotions and feelings you can think of.                               | Play Emotions Charades...can your family guess the feelings on your face?                          | Write a letter to encourage someone or tell them what you appreciated about them.                       | Ask how you can help at home by doing 3 extra helpful chores.   | Make a colorful poster about KINDNESS (8.5x11 sheet of paper)   |
| Make a list of 10 ways kids can show RESPECT to each other at school.                                  | Write a story about a character who has the super power of COMPASSION.                       | Take a long walk and count how many colors of blooming flowers you see, or draw them in a journal. | Make a list of 30 things you are grateful for or appreciate.  | Make a tasty treat for a family member.   | See if you can be second all day ... try to let others go first all day long.   |
| Choose something you care about that is at-risk or endangered and find out how you can be an advocate. | Write a script where the characters talk about compassion, preparedness, or problem solving. | Take some time to stretch and practice some yoga animal pose.                                      | Play Red Light– Green Light to practice self control.   | Write or draw what it means to be a good friend.  | Practice the Grounding Exercises: Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing |
| Think of 5 places you have visited that make you happy.  | Tell a family member about the upstairs/ downstairs brain                                    | Practice sitting still for one minute and focus on the sounds you hear.                            | Practice 5 finger breathing: trace your fingers lowly, inhale on the way up and exhale on the way down. | Make an acrostic of your full name with positive character qualities or things you can do to be kind. | Make a list of things that help you calm down when you're angry.  |
| Make greeting cards with cheerful pictures and positive messages for your teacher.                     | Create a recipe for what makes a good friend (like 1 cup of Kindness™)                       | Draw a picture of your future self in your future career.  | Create a board game about making good choices (move forward) and bad (move backward)                    | Help a parent clean out a closet and take the things you don't use to a charity organization.         | Make a coupon book of helpful things you can do for a friend or family member.  |