

FREE
Grades
PreK-6

Social and Emotional Learning Activities

From Evan-Moor's

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Mindful Moments



track 1



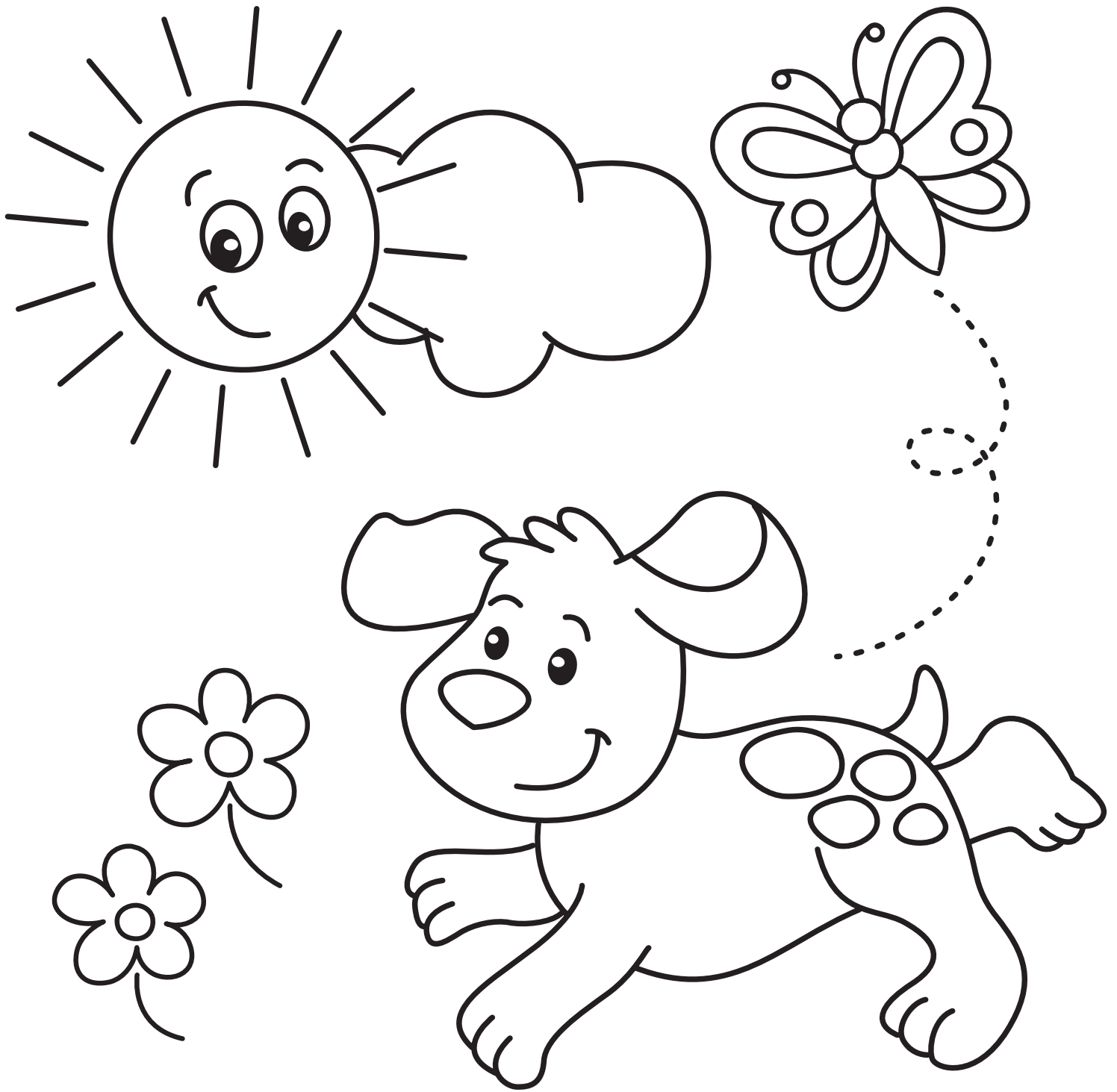
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For students in China

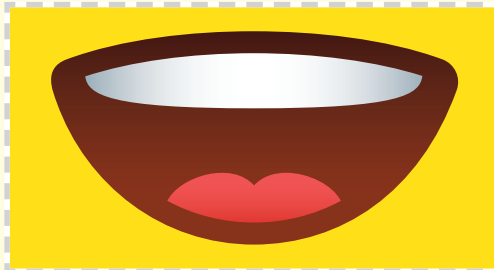
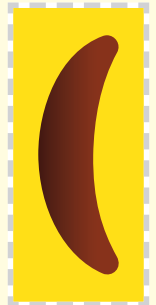
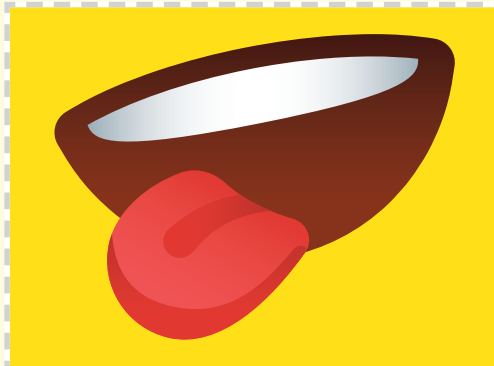
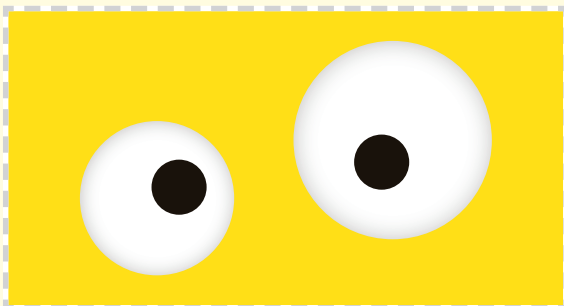
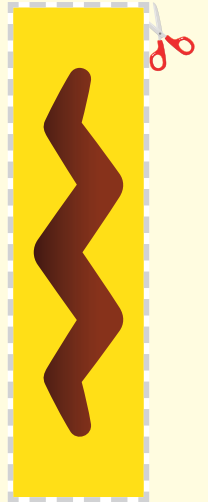
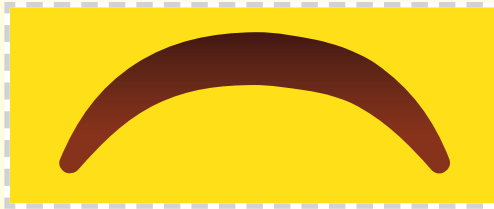
Find a quiet place to sit.
Close your eyes. Put your hand on your belly.
Breathe in and out. Feel your belly go in and out.
Think about how your body feels.
Does your tummy feel full?
Do your eyes feel tired?
Listen to the quiet around you. Let your mind rest.

Color Mindfully




Social Emotional Learning

Cut out the pieces. Glue them on page 335 to make a face.



sad 

happy 

mad 

scared 

silly 

Social Emotional Learning

SKILLS

Demonstrate self-awareness;
Express your feelings

Glue pieces from page 333 to show how you feel.
Then color the picture and hang it on your wall.



Mindful Moments






track 1



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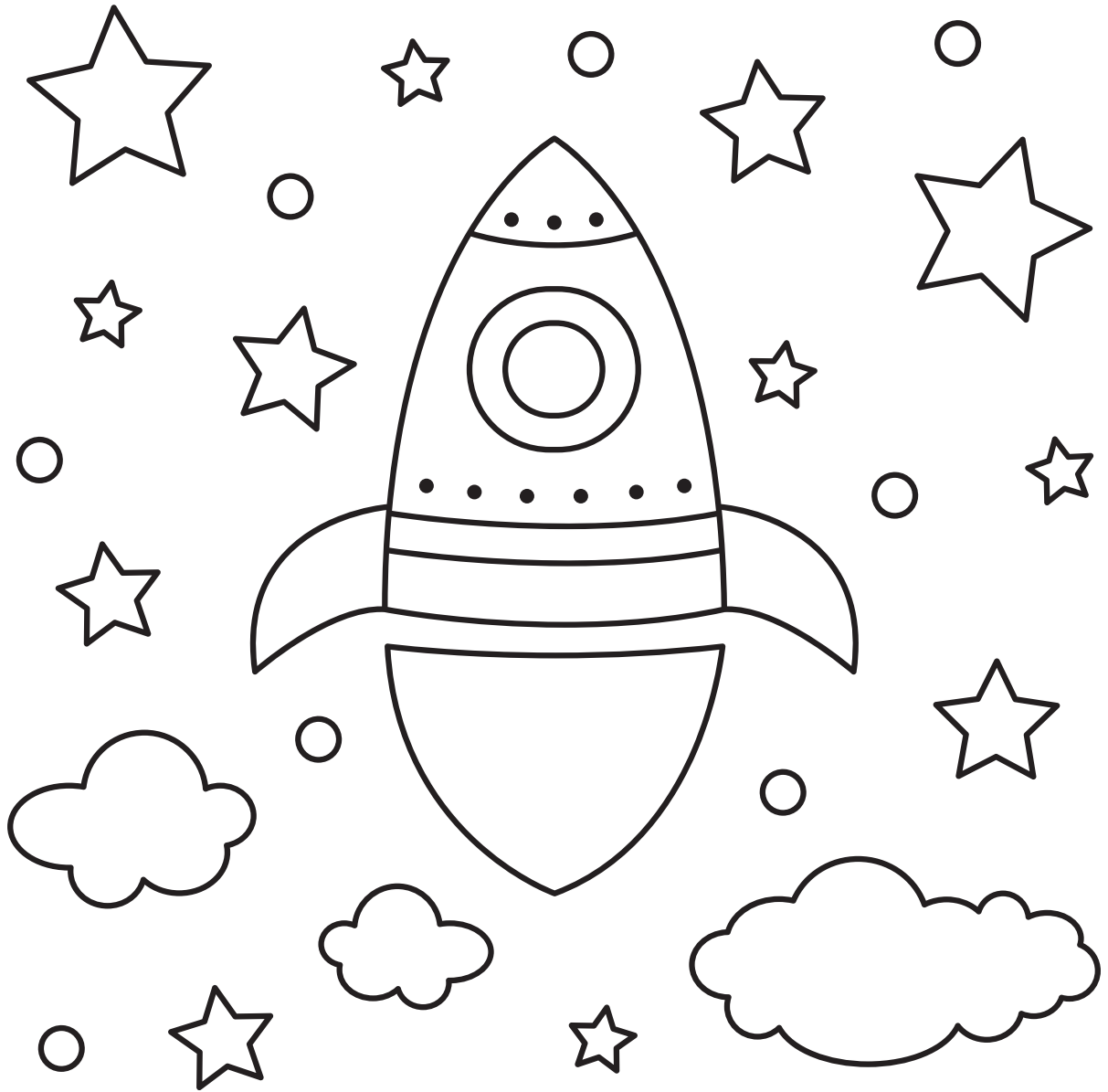


For students in China

-  Find a quiet place to sit.
Cross your legs and close your eyes.
-  Breathe in through your nose
and out through your mouth.
Feel your belly go out and in as
you breathe.
-  Listen to the sounds around you.
What do you hear?
-  What can you smell?
-  Think about how your body feels.
Does your tummy feel full?
How does the air feel on your skin?



Color Mindfully



Parents: Help your child practice mindfulness while he or she colors by asking these questions:

- What are you coloring?
- How does the crayon feel in your hand?
- What happens when you press the crayon soft then hard on the paper?
- How does the color you are drawing with make you feel?
- How do you feel when you look at this picture?

I Am Special

I am special, look at me.

My eyes, my nose,
my hair, my feet.

I am special, you can see
there isn't anyone like me.

I am special, yes indeed, and
that's the way it should be!

Draw a picture of yourself.

Finish the sentences.

My name is _____

I am _____ years old.

Draw a picture to finish the sentence.

I am good at

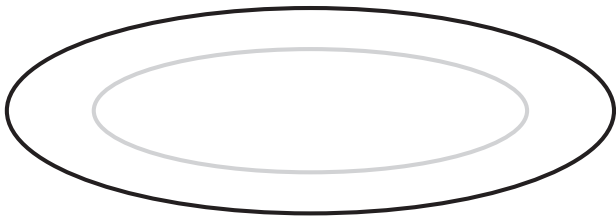
Social Emotional Learning

SKILLS

Develop a positive self image;
Develop self-awareness

Draw a picture to finish the sentence.

I like to eat _____.



I like the color _____.



My favorite animal
is _____.



When I grow up,
I want to be _____.



My favorite thing to do is _____.

Mindful Moments

track 2 



Listen to the audio



For students in China

Stand up.

Gently wiggle your body.

Wiggle your hands.

Wiggle your fingers, very gently.

Now wiggle your toes.

Slowly bring your hands up high.

Slowly bring your hands down low.

Now stand still.

Breathe in as you count to 3.


Breathe out as you count to 3.




 Now stand on **1** foot for as long as you can.

 Put your hands out to the sides.

 Think about the foot you are standing on.
How does it feel? How does your leg feel?

 Now put your foot back on
the ground.

 Take a deep breath in through
your nose and let it out through
your mouth.



Things I Can Do

SKILLS

Demonstrate self-awareness; Demonstrate social awareness

Read the words in the box.
Do they tell something that you **should do** or **should not do**?
Write the words in the chart.



- scream when you feel mad
- talk loudly when someone else is already talking
- wait for someone else to finish talking before you talk
- throw something when you feel mad
- think about other people's feelings
- think about why you feel mad

Should Do

1. _____

2. _____

3. _____

Should Not Do

4. _____

5. _____

6. _____

Other People and Me

SKILLS

Demonstrate self-awareness; Demonstrate social awareness; Draw to communicate information

Read the sentence. Write an answer.

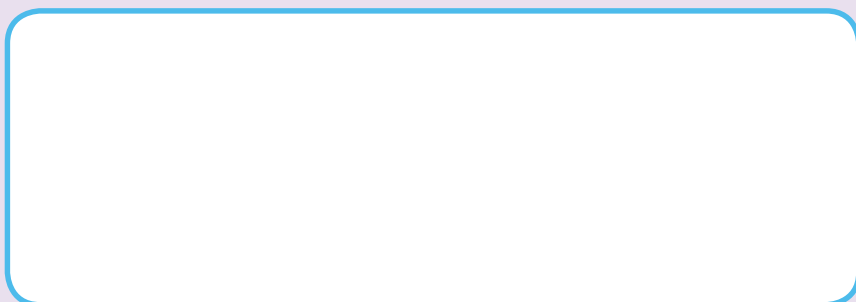
1. Write one way that you are nice to others.

2. Write one nice thing that someone did for you.

3. Write one thing that makes you sad or mad sometimes.

4. Write one thing that makes you feel happy.

5. Draw a picture of yourself doing something nice for someone.



Mindful Moments

track 2



Listen to the audio



For students in China



Sit in your seat with your back straight.



Put your feet flat on the floor.



Breathe in as you count to 3.
Breathe out as you count to 3.



Sit with your eyes closed for a little while.
Keep breathing deeply and slowly.



Now open your eyes. Stand up slowly.
Stretch your body gently.



Now use your senses.


 What do you see?

 What do you hear?

 What do you smell?

 What do you taste?

 How does your body feel?

 How do you feel?

Do you feel happy?

Do you feel sleepy?

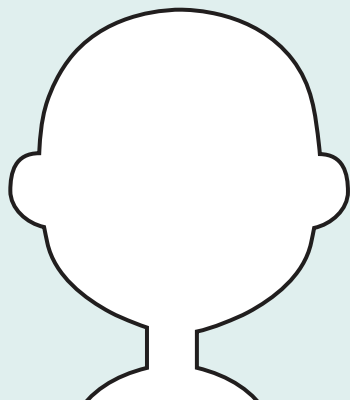
All About My Feelings

SKILLS

Demonstrate self-awareness; Evaluate your feelings; Draw to express yourself

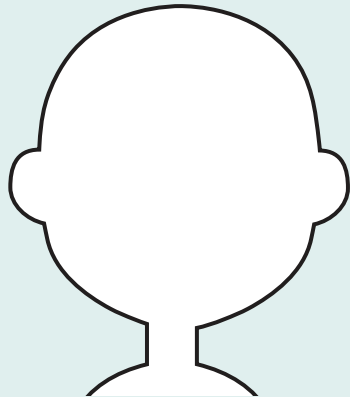
Draw a picture of what you look like when you feel angry.

1. This is what I look like when I feel angry.



2. What are some things that make you feel angry? Write two things.

3. This is what I look like when I feel proud of myself.



4. What are some things that make you feel proud of yourself? Write two things.



How to Be a...

SKILLS

Demonstrate social awareness; Recognize positive actions; Draw to communicate information

Answer the items.

1. Write three things that someone can do to be a good friend.







2. Draw a picture of someone being a good friend.



3. How can someone be a good family member? Explain your answer.



Mindful Moments

track 2 



Listen to the audio



For students in China

Practice Mindfulness

1. Sit down on a chair with your back straight.
2. Put your feet flat on the floor.
3. Close your eyes and take deep breaths in and deep breaths out.
4. Think about how the parts of your body feel.
5. Breathe slowly. Do this for a few minutes.

Color the picture on page 325 as neatly as you possibly can. You do not have to color the picture quickly. You can take breaks.



Color Mindfully



Creative Compliments

SKILLS

Self-awareness; Social awareness

Complete the sentences. Write 3 compliments that you would like someone to give to you.

1. You are _____.
2. I am impressed by how well you _____.
3. I really like your personality because _____.

Write the name of someone you know to answer each question.

4. Who is the funniest person you know? _____
5. Who is the best storyteller you know? _____
6. Whom do you always look forward to seeing? _____



Read the questions. Think carefully about how you want to respond. Then write a paragraph to answer the questions.

1. Do you think it is important to work with others? Or do you think it's more important to work by yourself? Explain your answer.



2. Do you remember a time when you had to admit that you were wrong? What did you say in that situation?

It is okay to disagree with others sometimes, but it is always best to disagree in a respectful way. Read the words and phrases below. Then circle the words and phrases that tell what people do when they disagree in a respectful way.

3. shout talk push listen look at the person who's talking
nod frown show that you're interested insult bully ignore
ask questions stay calm be polite explain clearly respond



Explain why it is important to respect other people.

4. _____

Mindful Moments

track 2 



Listen to the audio



For students in China

Sit still in a comfortable position. Make your back straight but not stiff.

Take deep breaths in and out.

Count to 3 as you breathe in, and count to 3 as you breathe out.

Sit still for a little while with your eyes closed.

Think about how each part of your body feels.

Try to use all of your senses.

What do you hear?

What do you smell?

How does the air feel on your skin?

Now open your eyes and slowly look around.

Pay attention to the colors and shapes you see.

Think about how you feel.



Color Mindfully



When you are *mindful*, you are paying attention to how you feel. In each box below, draw a picture of yourself using the description provided. Then answer the questions under the box.



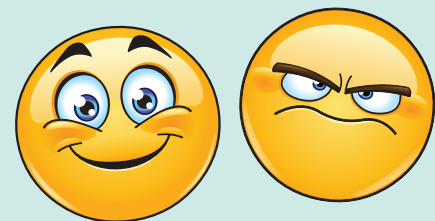
1. what I look like when I feel sick

How does being sick affect your mood? Does this affect how you treat others? Explain.

2. what I look like when I feel well-rested

How does being well-rested and getting enough sleep affect your mood? Does this affect how you treat others? Explain.

3. Some people think they become a bit grumpy when they feel hot, hungry, or tired. What are some things that make you feel grumpy? And what are some things that make you feel happy? List them.



Grumpy: _____

Happy: _____

Observing

SKILLS

Self-reflection; Self-awareness;
Self-management; Social awareness;
Relationship skills

Answer the items.



1. Write about a time when you reflected on your actions and felt like you overreacted or got more angry than you should have. Describe what happened in detail.

2. How do you try to avoid overreacting most of the time? What helps you?

3. What do you do when you think someone else is overreacting? Do you try to help them, or do you get angry as well? Explain your answers.

4. What words or phrases do you want to come to mind, for other people, when they think of you? For example, do you want them to think “funny, brave, and silly”? Or do you want them to think of other words that describe you? Write 3 words or phrases below.

5. Read the words or phrases you wrote for number 4. Why do you want these words to describe you?

Mindful Moments




track 2 



Listen to the audio



For students in China

-  Did you know that laughing and smiling can produce feelings of happiness?
-  When we see others smile and laugh, our brains are signaled to try to do the same thing.
-  Doing mindful exercises every day can help boost feelings of well-being and joy.

Now let's do this mindfulness exercise:

Sit in a comfortable position.

Smile for at least 30 seconds.

Stand up, and smile again.

Slowly let your smile develop into a laugh.
Start out with a gentle chuckle.

Allow yourself to giggle.

Now laugh loudly, heartily, and fully.
Feel the laugh deep in your belly.

Gradually let your laughter ease back
into a gentle chuckle, and then a smile.

Take a few moments every day to smile and laugh.

Color Mindfully



What Weighs You Down?

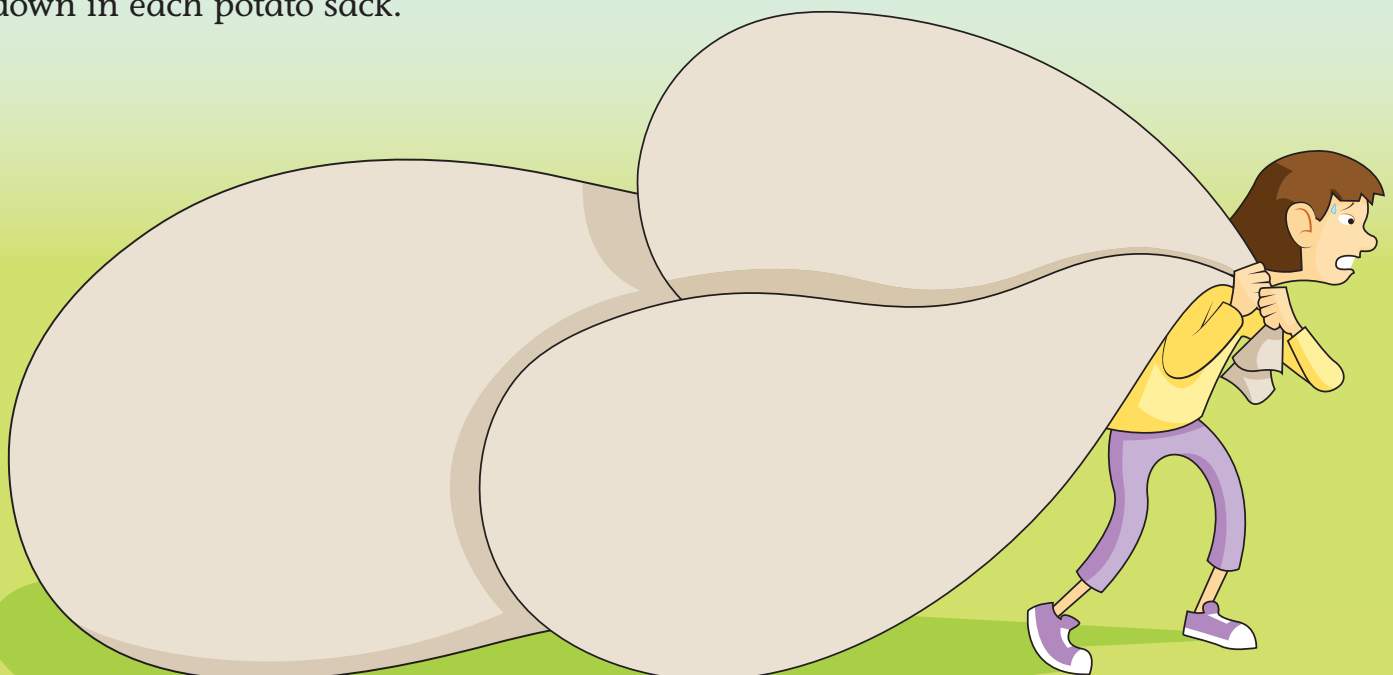
SKILL
Self-awareness

Think about things you enjoy doing and things you haven't tried yet, but would like to do one day. Then write a list of 3 things you like to do and 3 things you want to do.

Things I like to do:

Things I want to do one day:

Sometimes, things can prevent us from doing what we enjoy. For example, if you feel sick, you may not be able to go swimming with your friends. People may notice that you don't look well. Some of the things that can weigh us down, though, are on the inside. For example, if you are afraid of leeches, this fear may prevent you from jumping into a lake to swim with your friends. Nobody can see this fear, but it is still weighing you down. Worries, fears, and problems can weigh us down sometimes, and they can feel as heavy as a sack of potatoes. Everyone has things that can weigh them down. What are some things that weigh you down? What prevents you from doing what you want sometimes? Think carefully, and write something that weighs you down in each potato sack.



What Are These Things?

SKILLS

Social awareness; Self-awareness;
Creativity; Relationship skills

Think carefully as you write and draw answers to the questions.

1. What is **loneliness**?
Use words and phrases
to describe it.

2. What does loneliness look like?
Draw it.

3. What is **friendship**?
Use words and phrases
to describe it.

4. What does friendship look like?
Draw it.

5. What is **happiness**?
Use words and phrases
to describe it.

6. What does happiness look like?
Draw it.

Mindful Moments



track 2 



Listen to the audio



For students in China

-  Smiling every day can produce feelings of happiness and well-being.
-  You can receive the benefits of smiling even if you don't feel like smiling at first. All you have to do is smile.

Try this mindfulness exercise:

Sit in a comfortable position and close your eyes.

Think of one thing about today that you are happy about or grateful for.

Now smile.

Allow your smile to get bigger and bigger.

Feel the muscles on your face as you smile.

Relax your face muscles. You may still smile, or you may not. Do what comes naturally.

Open your eyes. Thank you for doing this mindfulness exercise.



Color Mindfully



People I Admire

SKILLS

Self-awareness; Inspiration; Positivity; Social awareness

List the four people you admire most. They may be family members, famous people, or other people you know. Then evaluate their qualities by completing the rest of the items below.



1. _____

2. What quality do all or most of the people you admire the most share?

Now describe the qualities that make each of the people you admire unique.

3. _____

Which qualities above do you wish you had. Why?

Analyze Your Choices

SKILLS

Self-awareness; Responsible decision-making; Fairness; Ethics; Empathy; Social awareness

Read the sign and answer the questions. Defend your opinions.



1. A man cuts down a tree for firewood to keep his family warm. Do you think the man did the right thing? Why or why not?

2. Suppose the man finds a tree that has fallen over in a storm. If the man chops up the tree for firewood, do you think this is better than if he had cut down the tree himself? Why or why not?

3. If it was a child who cut down the tree to keep his family warm, do you think he should be held to the same rules and laws as an adult? Explain your answer.

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