Social Emotional Learning Family Time

Spring Break Daily Discussion Calendar



Spring Break March 15th-19th	Monday Self-Awareness	Tuesday Self-Management	Wednesday Social Awareness	Thursday Relationship Skills	Friday Responsible Decision-Making
DISCUSSION QUESTIONS	**March 15th** What does it mean to feel **self-confident**? What can you do to improve your **self-confidence**?	**March 16th** What is the **power of yet**? How can you use the **power of yet** as **positive self-talk**?	**March 17th** What would you do if you saw someone being treated unfairly?	**March 18th** If you could have a conversation with anyone in the world, who would it be and why?	**March 19th** What is one decision you have made recently? If you could do it over again, would you do anything differently? Why or why not?
FAMILY ACTIVITIES	**Optional Activity:** Look in a mirror and say out loud three things that you love about yourself.	**Optional Activity:** You have learned several Mindful Breathing strategies this year. Teach your family your favorite one.	**Optional Activity:** Gather some clothes, books, and/or toys that you no longer need and donate them to a local charity.	**Optional Activity:** Call or text a loved one and tell them why they are special to you.	**Optional Activity:** Read a book or watch a movie with your family and discuss the decisions made by the main character. Were they responsible? Why or why not?