

# IN THE LOOP

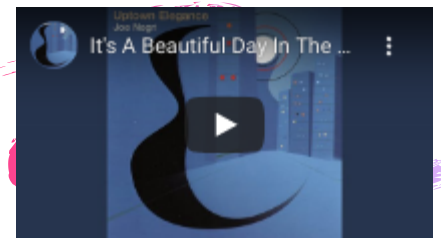
SOCIAL EMOTIONAL AND ANTI-BIAS ACTIVE LEARNING ACTIVITIES

## SEL Video

Strategies for SEL with Dr. Marc Brackett during COVID-19



## Songs



## Activity

### A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

**S**  
Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

**N**  
Notice

What is happening within and around you?

**A**  
Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

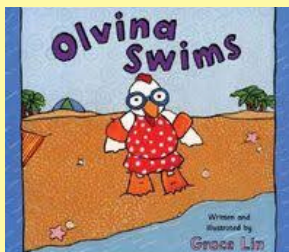
**C**  
Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

**K**  
Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

## Hope this book is on your shelf...



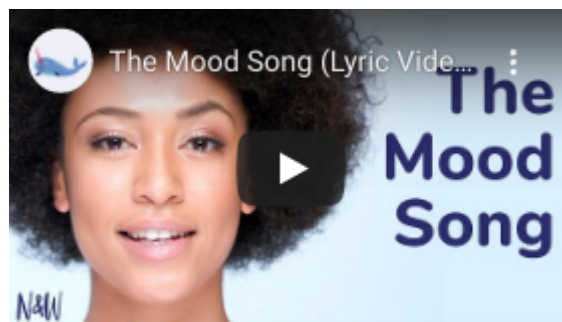
**Olivia Swims** is written and illustrated by **Grace Lin** talks about bravery and having courage to try something new that we don't know how to do yet. This book shares a story about a friend helping another friend find courage to do something new she's never done before; learning how to swim for the first time.

### Conversation Prompts with children:

- Reference the book cover: Reader can ask children "What they think the story will be about?"
- Children share thoughts/ideas for discussion
- Reader shares "This book is about learning how to swim for the first time with help from a good friend" then reads the book to children.
- Reader can use some of these follow up questions to solicit thoughts/ideas from children, post reading:
  - "Can you think of a time when you had a hard time doing something new?" "Who helped you?"
  - "How many of you remembered learning how to swim for the first time?" "How did it made you feel?"
  - "Have you ever helped someone learn something new?"
  - "How did it made them feel when you helped them?"
- Children share thoughts/ideas for discussion

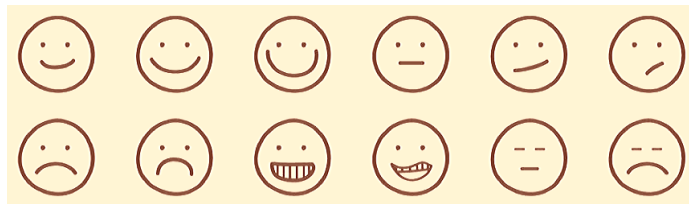
**Building their language vocabularies:** *brave, courage, helper, practice, encouragement, challenge, support*

*"We rise by lifting others." - Robert Ingersoll*



### Activities for Mood Song

- Play song & Listen - Have large print of lyrics for children to follow.
- Movement - Encourage children to move to the different action words. Examples:
  - a. "I feel like a mountain so high" - movement: arm reach up to the sky.
  - b. "A superhero flying through the sky" - movement: move around the room with arms stretched out, like flying.
  - c. "I'm like a kangaroo" - movement: Jump up and down, jump forward and backward.
- Play song & color - Use coloring page and talk about the different emotions.
- Keep the song and coloring page in a quiet corner / quiet table. When children need some personal space and/or not in a good mood, children can listen to the song and color independently.
- Provide emoji stickers for children - Children can pick a sticker of how they are feeling and stick it on themselves. Find time to discuss their feelings. Example:
  - Adult: "I noticed you have a smiley face, tell me how you are feeling?"
  - Adult: "I see you picked the sad face this morning, how are you feeling? Would you like to talk about how you're feeling?"



We want your feedback! [Click here to send feedback](#). Please be specific - what went well, what modifications (if any) you made, what you might change for next time.

We value and thank you for all the work that you do.