

#SEL DAY CHOICE BOARD



POSITIVE SCHOOL
SOLUTIONS

	SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
CLASSROOM	Students create a list of the things they like about themselves.	Teach and practice naming emotions.	Students write or draw five qualities of a good friend.	<u>Direct teach relationship building skills.</u>	<u>Play "Love It, or Leave It."</u>
SCHOOLWIDE	<u>Help colleagues practice self-care.</u>	<u>With a colleague, set a measurable goal with clear action steps.</u>	<u>See how many staff members you connect with.</u>	Leave an encouraging note for a colleague.	Work with a colleague to examine multiple solutions to a problem.
FAMILY/CAREGIVER	<u>Use language to focus on effort instead of ability.</u>	<u>Help your child make a schedule or to-do list.</u>	Have your child identify three ways your family can give back.	Assist your child in creating a letter/picture for a loved one.	Engage in games and activities as a family.
COMMUNITY	Identify volunteer opportunities that align with your strengths/interests.	Organize a fundraiser to support a local charity.	Recognize the strengths of others.	Show your support through voice and actions for the rights of others.	Reflect on your role to promote community well-being.