

Kanoelani Elementary School SEL Choice Board (May 2020)

Hello Students and Families,

Our students' social emotional well-being continues to be one of our Counseling Department's main priority. We have attached the SEL-Choice Board for May as a way to support our students' social emotional growth during this new normal. We have also created a Kanoelani Counselor/PSAP website (<https://kanoelanicounselors.weebly.com/>) for our students to access. We encourage our students to continue to challenge themselves to **Learn More, Care More, Be More** during this new normal.

<p>Reflect on at least 5 things I can say or do today to bucket-fill myself and do them.</p>	<p>Draw a picture of your most favorite memory: Where were you, who was with you and what were you doing?</p>	<p>Ask someone who knows you well what they like most about you and try to see if you're like that with everyone.</p>	<p>Think of a person you admire or look up to. List 6 reasons why you feel that way about them.</p>
<p>Share and talk about an activity you did together as a family.</p>	<p>Check-in with yourself. Draw an emoji for how you feel today and explain why.</p>	<p>Write a story about someone who did something way beyond what would be expected.</p>	<p>Describe a time you felt sad or disappointed. How did you handle it?</p>
<p>List 5 things you can do to make the world a better place.</p>	<p>What are 3 things you could do to display a growth mindset during these challenging times.</p>	<p>Journal about your day. What did you do? How are you feeling?</p>	<p>In your own words explain to someone at home what does it mean to make a "good choice".</p>
<p>Write a kind note or letter to someone at home and give it to them.</p>	<p>Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.</p>	<p>Plan and enjoy a meal you and your family can all take part in preparing together.</p>	<p>List 5 ways you can be kind to yourself.</p>
<p>Say thank you to someone you're grateful for and then tell them why.</p>	<p>Do or say something to fill someone else's bucket.</p>	<p>Draw a picture of yourself. Write at least 10 strengths around the picture.</p>	<p>Find and share a story about a person or people who did something good for someone else.</p>