

Name of Activity	Focus Area, Addressed SEL Skill and Resilience Factor	Grade Level	Activity
Social Emotional I Spy	Focus and Attention Mindfulness (RS, RDM, SA, SM, SoA) Competence, Confidence, Connection, Character, Contribution, Control, Coping	K-8	Similar to the game you played as a child, except you ask the student to identify items related to Social Emotional Learning (SEL) skills such as self-awareness, self-management, social awareness, responsible decision making, and relationship skills. Example “I spy with my focused eye, something that helps you listen to others.” The answer from the student might be the ears of other students in the room. Another example might be “I spy with my focused eye something that helps me make responsible choices.” The student answer might be the teacher. Process each answer to ensure the student understands how each “spied” item relates to SEL.
Flavors of Emotion	Emotional Identification/Awareness Ice breaker (SA, SM) Competence, Confidence, Character, Coping, Control	K-8	This activity introduces the basic four emotions and provides relationship building opportunities. Have student name their favorite flavor of ice cream. Process how they would feel if they had a double scoop of that ice cream (happy). Explore how they would feel if before they even got to taste the ice cream, someone pushed it out of their hand (mad). Now ask how they would react if the ice cream melted before they got the finish the cone (sad). Finally, process their experience if they were walking along eating their ice cream, and got lost or was chased by a dog (scared).
SEL Obstacle Course	Community Building Relationships Critical thinking Coping skills Self-confidence (RDM, SA, SM) Competence, Confidence, Character, Contribution, Coping, Control,	K-8	Set up stations throughout the space with instructions on how to complete each challenge. Students can work individually or in teams, working their way through the course to complete each challenge. Tasks can include: putting a small puzzle together, completing a matching and/or sorting challenge, listing 5 things they look for in a friend or that make them a good friend, some physical activity, a dare such as trying a new food or doing something they’ve never done before, sharing/demonstrating 3 calming skills, etc. This activity can be done in person or virtual with a few minor tweaks. Tasks can also be tailored for younger students, for example have a younger student complete tasks one or two at a time. Activities could include stacking blocks, matching/naming colors, or freeze.
Gratitude Board	Relationships Critical Thinking (RS, RDM, SA)	K-8	Supplies needed: recycled magazines, scissors, glue or tape, poster board Using recycled magazines, have students identify and cut out pictures of items they are grateful for (caring adults, basic needs, personal interests, etc.). After

*See Appendix for definitions

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