

SEL Resource - Clark

WEEK 4 (May 18)

Topic	Social Emotional Learning: Reframing: Thoughts, Feelings, and Actions
Target	I know that my thoughts are words I say to myself. My thoughts impact how I feel and what I do I can change my thoughts and that can change my feelings and my actions.
Materials	Device Optional: Pencil , Paper, Crayons / Markers
Video Link	https://app.seesaw.me/pages/shared_activity?share_token=AsOrvX3ORxiCZBEFxtgoaw&prompt_id=prompt.d404f33a-e1c0-4533-9a80-92163d51394e
Activity	Magic Triangle: Think of a time when something was difficult or didn't go as planned. What words did you say to yourself? How did you feel? What did you do? Now reframe it using the template or your own paper. What positive words could you have said to yourself instead? Write/draw those in the "think cloud." What feelings might come from those thoughts? Write/draw those in the heart. What actions might you take if you had those feelings? Write/draw those in the hand. Share with your teacher, an adult at home, or both!
Family Connection and Resource	During dinner talk about a family experience in which things did not go as planned. How did you feel? What did you do? What thoughts did you have? Take turns flipping the situation. Talk about small things that went well. Share ways you could reframe it! How could you change your thoughts and how might that impact what you feel and do?
Choice Board Activities	Watch: Class Dojo's Positive Thinking Watch: Class Dojo's Growth Mindset Find a mirror in your home. Stand in front of the mirror and say 3 positive things to yourself. Ex: I am kind. I can do hard things. I am a problem solver.

Pretend you are a friend. Write down or say 3 compliments that you would give yourself.

Find a calming place in your home to sit and think. Say or write down a few positive thoughts you want to remember. Close your eyes and picture your positive actions or visualize something you want to do.