

SOCIAL AND EMOTIONAL LEARNING KITS

K – 3 SEL Kit #1: Let's Celebrate Cultures

Why This is Important: Social emotional learning helps to elevate student voices, celebrate differences, and provide “mirrors and windows”.



Activity 1: Musical Emotions

1

Grade Level: Kindergarten – Third Grade

Duration: 10 – 15 minutes

Materials: Musical Instruments

Tasks:

- Give a brief background and demonstrate each of the musical instruments in the kit.
- Discuss how music can match our emotions and encourage students to discuss how the music makes them feel (happy, sad, peaceful).
- Have students use a visual emotions chart to help guide discussion (<https://www.happierhuman.com/feelings-charts-kids/>).
- To extend the lesson, allow students to listen to music in movies and discuss how the music enhances the scene.

SEL Connection: Self-Awareness and Social Awareness

Activity 2: Family/Multicultural Pride

2

Grade Level: Second Grade – Third Grade

Duration: 10 – 15 minutes

Materials: Musical Instruments and the Children of the World Floor Puzzle

Tasks:

- Divide students into small groups and have them select an instrument from their own culture or an instrument that interests them.
- Ask students to find information about the instrument and the culture to share with the class. Students can use the internet, books, and encyclopedias.
- Once the class has found information about the instrument, then have the small groups share what they have learned and demonstrate the use of the instrument.
- To extend the lesson, the small groups can select one of the countries listed on the Children of the World Floor Puzzle to research and share with the class.

SEL Connection: Self-Awareness and Social Awareness

Activity 3: Cultures Around the World

3

Grade Level: Second Grade – Third Grade

Duration: 10 – 15 minutes

Materials: Cultures Around the World Instant Learning Center

Tasks:

- Pick a bag and take out the cards. Put the cards labeled “fact” in one row and “photo” in another row.
- Turn over a card in each row. If the fact and photo match, set them aside facing up. If not, turn them back over.
- Turn over another card in each row. Play until you have found every match.

SEL Connection: Social Awareness

