

SOCIAL AND EMOTIONAL LEARNING KITS

K – 3 SEL Kit #2: Let's Learn about SEL



Why This is Important: Social emotional learning (SEL) is a methodology that helps students of all ages to better comprehend their emotions, to feel those emotions fully, and demonstrate empathy for others. These learned behaviors are then used to help students make positive, responsible decisions; create frameworks to achieve their goals, and build positive relationships with others.

Activity 1: Matching

1

Grade Level: Kindergarten – First Grade

Duration: 10 – 15 minutes

Materials: Social Emotional Match-Ups: Building Relationships

Tasks:

- Use the friendship cards
- First, separate the illustrated cards from the cards with text.
- Display a text card by holding it up and have students choose the one that matches the text.
- Continue in this way until students have matched all the text cards and illustrated cards.

SEL Connection:

Self-Awareness, Self-Management, Relationship Skills, Social Awareness, and Responsible Decision-Making

Activity 2: Sorting

2

Grade Level: Second Grade - Third Grade

Duration: 10 – 15 minutes

Materials: Second - Third Grade Social Emotional Quickies Kit

Tasks:

- Use the Self-Control card.
- First, separate the Negative Self-Talk and Positive Self-Talk header cards from the scenario cards.
- Next, display the header cards by holding it up.
- Explain that we can control our thoughts, and point out that positive thoughts can help us overcome problems.
- Then, choose a scenario card and read the passage aloud.
- Ask students whether the scenario describes negative self-talk or positive self-talk.
- Finally, place the scenario card under the correct title card. Continue in this way until the scenario cards are matched with their corresponding title cards.

SEL Connection:

Self-Awareness, Self-Management, Relationship Skills, Social Awareness, and Responsible Decision-Making

Activity 3: Understanding Myself

3

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Social-Emotional Match-Ups: Understanding Myself and Social Emotional Library

Tasks:

- Show students the match-up piece that reads, “I feel sad.”
- Read the caption aloud and ask students if there has ever been a time when they felt sad.
- Then ask how they handled the situation.

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Tasks: *Continued...*

- After students share their experiences, show them the other half of the match-up, which reads, “I talk to a person I trust about why I am sad”.
- Explain that there are many ways to handle the scenario and that the match-up provides just one example.
- Have students continue discussing the match-ups in this way.
- You can work with students one-on-one or invite a small group to explore the match-up’s scenarios and solutions together.
- Then place the match-ups in a small-group center for students to revisit.
- Students can select books from the kit to read more about emotions.

SEL Connection: Self-Awareness, Self-Management

Activity 4: Building Relationships

4

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Social-Emotional Match-Ups: Building Relationships

Tasks:

- Show students the match-up piece that reads “There is a new kid at school”.
- Read caption aloud and ask students if there has ever been a time when they were the new kid at school or when they helped a new student.
- After students share their experiences, show them the other half of the match-up, which reads “I invite the new kid to eat lunch with me.”
- Explain that there are many ways to handle the scenario and that the match-up provides just one example.
- Have students continue discussing the match-ups in this way.
- You can work with students one-on-one or invite a small group to explore the match-up’s scenarios and solutions together.
- Then place the match-ups in a small-group center for students to revisit.
- Students can select books from the kit to read more about relationships.

SEL Connection: Social-Awareness, Relationship Skills

Activity 5: Making Good Choices

5

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Social-Emotional Match-Ups: Making Good Choices, Social Emotional Library

Tasks:

- Show students the match-up piece that reads, “I can walk or run in the hallway”.
- Read the caption aloud and ask students if there has ever been a time when they had to choose between walking or running in a hallway.
- Then ask how they handled the situation.

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Tasks: *Continued...*

- After students share their experiences, show them the other half of the matchup, which reads, “I choose to walk in the hallway”.
- Explain that there are many ways to handle the scenario and that the match-up provides just one example.
- Have student continue discussing the match-ups in this way.
- You can work with students one-on-one or invite a small group to explore the match -up’s scenarios and solutions together.
- Then place the match-ups in a small-group center for students to revisit.
- Students can select books from the kit to read more about making good choices.

SEL Connection: Responsible Decision-Making

