

SOCIAL AND EMOTIONAL LEARNING KITS

K – 3 SEL Kit #3

Let's Play

Why This is Important: Why This is Important: In social and guided play, students learn self-regulation and social skills as well as how to deal with feelings of frustration and anticipation. Play also teaches children how to make responsible decisions, and how to decide to lead and when to follow.



Activity 1: Memory Game

1

Grade Level: Kindergarten

Duration: 10 – 15 minutes

Materials: set of Memory cards or a deck of playing cards

Tasks:

- Put cards face down in rows. (Use fewer cards to make it easier or more to make it harder, depending on the needs of the child.)
- Students will take turns choosing two cards to find a matching pair.
- If the cards match, the player keeps them.
- If they do not match, the player turns them back over and the next person takes a turn.
- Once all cards are matched, the player with the most cards wins.

SEL Connection: Self-Awareness and Self-Management

Activity 2: Dominoes Game

2

Grade Level: Kindergarten - Second Grade

Duration: 10 – 30 minutes

Materials: Set of Dominoes

Tasks:

- Dominoes can be used in a variety of ways, depending on the age and developmental level of the student.
- Essentially players align dominoes with the same number and try to play as many dominoes as they can when it is their turn.
- This can be played as simply or with more complex rules as the student's skills develop.

Differentiation: Younger students can count the dots on each end and/or add the two amounts together to practice early addition. They can also match the dots by color.

SEL Connection: Self-Management and Responsible Decision-Making

Activity 3: Writing Prompts

3

Grade Level: Kindergarten – Second Grade

Duration: 10 – 20 minutes

Materials: Grab and Write SEL Prompts kit

Tasks:

- These prompts can be used for a discussion or to practice problem-solving skills.
- Each student will take turns drawing a card from the box, reading the question (or having an adult read it to them), and answering the question.
- The adult can follow up with a discussion among the students, as appropriate.
- Prompts included in the box represent the five domains of social-emotional learning that are addressed in the standards.

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



Activity 4: Character Kids

4

Grade Level: Kindergarten – First Grade

Duration: 10 – 20 minutes

Materials: Character Kids figures and capes, *Character Kids Save the Day!* Book, paper and crayons

Tasks:

- Read the book to the students.
- Discuss the character traits from the story.
- Allow the students to use the figures to role-play parts of the story and/or situations when they might need to exhibit one of the characteristics from the story, whether at home or in the school setting.
- The students could also draw pictures or write (as they are able) about a time they had to exhibit one of those character traits.

SEL Connection: Self-Awareness, Social Awareness, and Relationship Skills

Activity 5: The Allowance Game

5

Grade Level: Kindergarten – Second Grade

Duration: 20 – 30 minutes

Materials: The Allowance Game

Tasks:

- An adult will be the “banker” and give each player \$3 in game money.
- Players take turns rolling the die and moving around the game board.
- When it is their turn, each player will follow the instructions on the space where they land and receive or spend money as the instructions indicate.
- The player who is the first to save \$20 is the winner.

SEL Connection: Self-Awareness, Self-Management, Responsible Decision-Making, and Relationship Skills

