

SOCIAL AND EMOTIONAL LEARNING KITS

K – 3 SEL Kit #5: Let's Move

Why This is Important:

Physical activities are ideal to enhance students' social emotional skills. Through these types of play, students can learn how to integrate skills and behaviors to deal with daily tasks and challenges. movetolearnms.org



Activity 1: Bean Bag Toss Relays

1

Grade Level: Kindergarten – Third Grade

Duration: 10 – 15 minutes

Materials: Activity Bean Bags or Comet Balls, Milk Crates

Tasks:

- Place milk crates or boxes 10 to 15 feet from the start line.
- Divide students into small groups and give each student a bean bag.
- Model how to throw the bean bag with an underhand swing to toss the bean bag into the milk crate.
- Have all students take turns throwing bean bags into the milk crate. Once all students have taken turns, have the students in the front of the line to retrieve all bean bags and return them.
- The level of difficulty can be changed by increasing the distance from the students and the milk crate.

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

Activity 2: Musical Feet

2

Grade Level: Kindergarten

Duration: 10 – 15 minutes

Materials: Let's Get Moving Numbers and Counting Kit

Tasks:

- Arrange number foot mats in a circle on the floor.
- Play music as students walk around the circle stepping on each mat. When you stop the music, tell students to stop where they are.
- Have identify the numbers they are on. Encourage them to say their numbers aloud.

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

Activity 3: Roll and Go

3

Grade Level: Kindergarten

Duration: 10 – 15 minutes

Materials: Let's Get Moving Numbers and Counting Kit

Tasks:

- Ask students to line up.
- Tell the first student in line to roll the “number” die and name the number it lands on. Then tell the student to roll the “activity” die.
- The student does the activity on the die the same number of times shown on the number die.
- Play until each student has had a turn.

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



Activity 4: Dance, Dance, Dance

4

Grade Level: Kindergarten – Third Grade

Duration: 10 – 15 minutes

Materials: Wrist Ribbons and dance music

Tasks:

- Put on music and give each student a wrist ribbon.
- Encourage students to explore different motions with their hands, arms, and whole bodies to see what the ribbons do.
- Prompt them to wave their hands gently back and forth or jerk the ribbons sharply up and down.
- Ask students to try to make big circles or tight spirals.
- Students can also play follow the leader where students have to copy the movement of the leader.

SEL Connection: Self-Management and Responsible Decision-Making

Activity 5: Shape Dance

5

Grade Level: Kindergarten – Third Grade

Duration: 10 – 15 minutes

Materials: Wrist Ribbons, Colors & Shapes Activity Mats, and dance music

Tasks:

- Arrange the mats throughout the space and select dance music to play during the game.
- Explain that students will be doing a dance in which the movements depend on the shapes.
 - On circles, they will clap their hands in the air.
 - On stars, they will twirl their ribbons.
 - On squares, they will stomp their feet.
- Have students practice all these moves with you.
- Then ask students to stand on a mat and start the music.
- Play the music while students dance on their mats. After several beats, call out “Move”.
- This is a signal for students to move to another mat to begin the appropriate dance moves.

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

