

SEL 4-week Challenge

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Facetime with a Friend/Family member	2 Read “The Colour Monster” and create your own colour monster https://www.youtube.com/watch?v=PWuJGPb6mgo&pbjreload=10	3 Write a list of 5 things you know you are good at
6 Build/create the tallest structure out of something around your home (ex. Straws, blocks) with your family	7 Write a list of 10 things you’re grateful for	8 Create hearts and place them on your front window of your home to show support for frontline workers	9 Write a goal for yourself about something you’d like to improve. List 3 things you’ll do to achieve it.	10 Write a journal entry about how you’re feeling. Try to name your emotions.
13 Practice mindful breathing (5-finger breathing, candle breathing, etc)	14 Write a list of 8 things you’re grateful for	15 Make a short video about someone you’re grateful for and send it to them	16 Watch a news clip with your parent about what’s happening with Covid-19 then write a reflection about it (How do that clip make you feel? What do you hope for the future?)	17 Create a sign/poster thanking frontline workerst
20 Read a book about managing big emotions**	21 Help a family member prepare a meal	22 Listen to an educational podcast (See “Parent Resources” on our website for titles)	23 Read a picture book about a character with a growth mindset***	24 Bake something with a family member
27 Read a book on appreciating differences and talk about the message from the book with a family member	28 Read a picture book or listen to an online audio book about a character that has to solve a problem*	29 Create a picture or message for your little buddy. Take a picture of you holding it and post it into Teams	30 Read aloud “A Bike Like Sergio’s.” https://www.youtube.com/watch?v=uN8DsjYwSpc Stop at the page when he gets home with the found money and is lying in bed. (See below for assignment)	

To access titles online, try the following options: YouTube, Epic, Tumblebooks, Audible

*Good problem solving titles: How to Solve a Problem, Hidden Figures, Jabari Jumps, Iggy Peck Architect

**Managing big emotions titles: Glad Monster, Sad Monster; When Sophie Gets Angry...Really, Really, Angry; The Feelings Book, The Pigeon has Feelings Too!; Sometimes I’m Bombaloo, The Colour Monster

Created by Nicole Wilson at Parkcrest Elementary School

*****Growth Mindset titles:** Rosie Revere Engineer, Stuck, The Most Magnificent Thing, The Bad Seed, After the Fall

A Bike Like Sergio's Activity: Play the YouTube video of "A Bike Like Sergio's." Stop at the page when he is lying in bed with his newly found money. Take a moment and discuss this part with a family member. How do you think Sergio is feeling? What do you think he should do? What would you do? Then watch/listen to the rest of the story. Reflect with a family member: Do you agree with what Sergio did? How would you have handled the situation? Do you agree with his Dad that he did the "Right" thing? Is there something else he could have done that could be considered the "right" thing?