

K-2 Social Emotional Learning



Winter Lessons & Activities



Winter

SOCIAL-EMOTIONAL LEARNING

What is Included in this Resource

- ♥ Four themed weeks of activities on giving, self-love, friendship & mindfulness.
- ♥ 7-8 activities for each week
- ♥ Differentiated materials and activities for K -2
- ♥ Instructions and min-lesson ideas included



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SOCIAL-EMOTIONAL LEARNING

Activities

This resource includes a variety of activities and teacher tools to support the mini-lessons. Engaging activities are included for independent, partner, and small group use. There are high-interest activities, including games, picture book activities, storybook, journal, and crafts!



Giving Mini-Lessons & Activities

Discuss what it means to give and different ways you can give to others during the holiday season. These activities are a great way to discuss and reflect on the importance of giving and how it makes others feel.



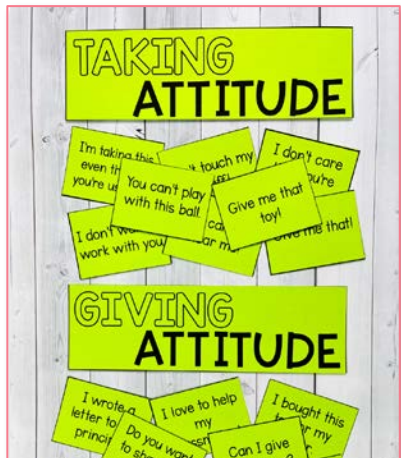
12 Day Giving Challenge



Sharing Advent Calendar



Compliment Garland



Give or Take Sorting



Anchor Chart & Writing



Giving Task Cards



Send our Love Cards

Self-Love Mini Lessons & Activities

Discuss what it means to love yourself. Complete activities and participate in discussions about how we can do different things to keep our body and mind healthy and happy.



Self-Care Calendar



Love Monster Book Craftivity



Art & Heart Writing Activity



Writing Book



Self-Love Chat Cards



Coloring Storybook



Affirmation Posters



Friendship Mini Lessons & Activities

It is important to teach the importance of friendship and what it means to be a good friend. Children will complete activities and have discussions on how they can treat others and recognize what makes them feel good.



Anchor Chart & Writing



Task Card Game



Interview Project



Letter Writing Activity



Sorting Activity



Heart Activity

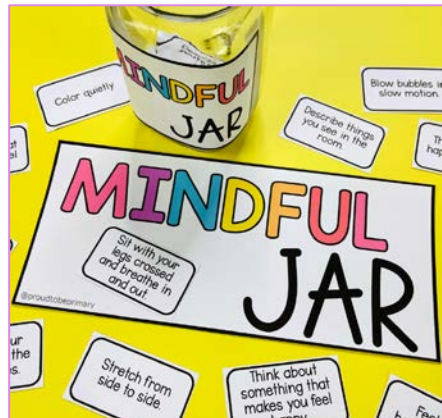


Love Day Activities & Cards

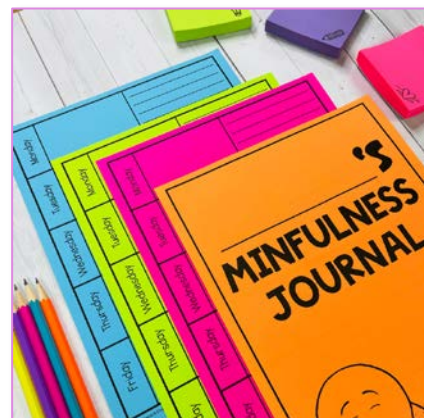


Mindfulness Mini Lessons & Activities

It is important to teach mindfulness and what it means to calm our bodies. Children will complete activities and have discussions on how they can use different techniques to calm themselves and practice mindfulness when needed.



Task Cards



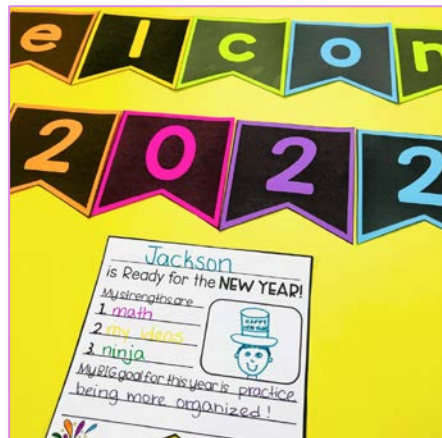
Journal



Breathing Cards



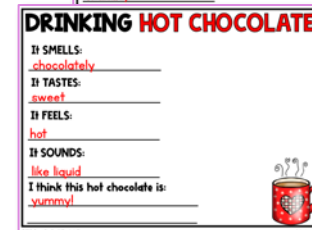
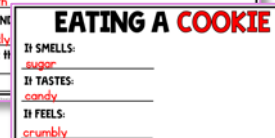
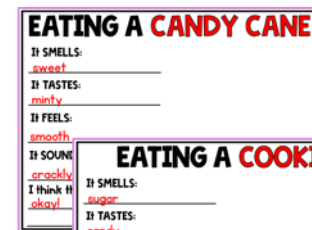
Yoga Cards



New Year Banner & Hat



Mindful Colouring



Mindful Eating

Use this Winter RESOURCE for your

- ♥ SEL block
- ♥ Morning meetings
- ♥ Whole-class discussions
- ♥ Small groups
- ♥ Partner activities
- ♥ Independent work
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



Winter

DIGITAL SEL ACTIVITIES

Many of the activities from the paper version have been created in a digital version. These are ready in Google Slides for use in Google Classroom. The digital pages are great for use during remote teaching, distance learning, and in a one-to-one classroom!



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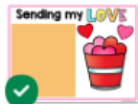
Images to Use for Slides or in Seesaw



Slide1



Slide9



Slide10



Slide11



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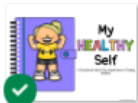
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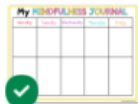
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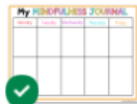
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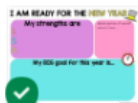
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Winter

SOCIAL-EMOTIONAL LEARNING

Has What Teachers Love

- This ONE resource will help you teach important social-emotional topics, such as giving, self-love, mindfulness, and friendship.
- Use the mini-lessons and follow-up activities to easily cover your SEL instruction in the winter, over the holidays, and for Valentine's Day.
- Facilitate meaningful discussions and keep kids engaged in important activities that build important social-emotional skills.
- You will save time as there are a ton of options and the planning is done for you.
- Includes printable and digital activities for easy use online or in person.
- Easily integrate the mini-lessons into your morning meeting, read-aloud time, writing block, or during brain breaks and transitions.



Teachers Love This SEL Resource

I can give my **TIME** to help

DRINKING HOT CHOCOLATE

Olivia G. 



"I used this resource for character education through my before/after school care program! The students were engaged and enjoyed the activities and discussions that followed."

splashy
I think this hot chocolate is:
delicious

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A friend gets hurt at **RECESS**

A good friend is thoughtful!

Our SEL resources are enjoyed in thousands of classrooms worldwide!

care CALENDAR

Learn More About

mind+heart

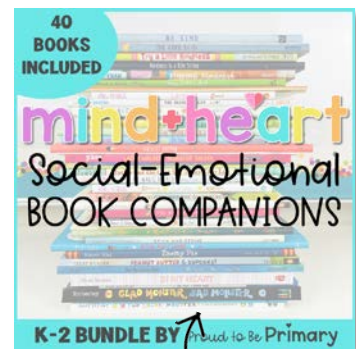
Proud to Be Primary

Love this resource? Grab it as part of the SEL Seasonal Bundle with mini-lessons and activities for the year!

CLICK to learn more!



MORE Social-Emotional Resources for K-2



Click the images to see the SEL curriculum BUNDLE & resources with EVERYTHING you need for a year of SEL!