

# **Promoting a Socially and Emotionally Healthy Summer**

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# What is Social Emotional Learning?

Social Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



# Summer SEL Ideas

- Establish daily routines / chore charts
- Start the day with positive affirmations
- Read
- Visit museums
- Make a vision board for the upcoming school year
- Get outside for at least 30 minutes every day
  - Take a walk, ride a bike, garden
- Meditation / mindfulness journals



# Social Emotional Skills

www.thepathway2success.com

Pathway  
2 SUCCESS

Play board  
games and  
sports



Go on a  
mindful  
walk  
outside



Write in  
a journal  
or diary



Practice  
coping skills,  
like mindful  
breathing



Read  
picture  
books



Practice  
mindful  
coloring

Talk about  
characters'  
feelings in a  
movie



Start an  
acts of  
kindness  
challenge



Organize  
an area of  
the house  
together



Write a self-  
compliment  
list



Use  
conversation  
starters to  
share ideas



Play games  
like "I Spy"  
and "Simon  
Says"

## Elementary School Activities for Summer Social Emotional Learning



- **Family Gardening** - Gardening is an activity that can be done solo or as a team. By participating in a family or community garden, children are able to experience teamwork in addition to the other benefits of gardening.
- **Cooking/Baking** - Cooking and/or baking is a great way to practice teamwork, imagination/creativity, and responsibility.
  - Here are some recipes to try out!
    - Pizza - <https://www.bbcgoodfood.com/recipes/pizza-homemade-sauce>
    - Fruity skewers with yogurt dip - <https://www.bbcgoodfood.com/recipes/fruity-skewers-with-yogurt-dip>
    - Chocolate Chip Cookies - <https://www.allrecipes.com/recipe/10813/best-chocolate-chip-cookies/>



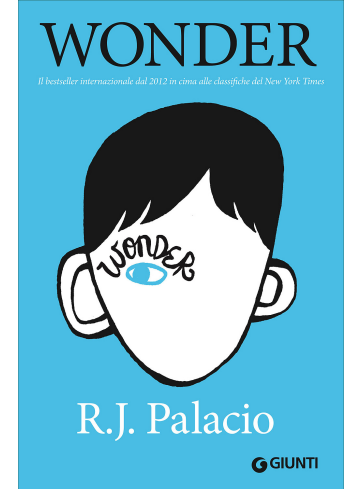
# Elementary School Activities for Summer Social Emotional Learning

- **Scavenger Hunt** - Having kids follow clues to reach an end goal helps teach perseverance, problem-solving, and teamwork.
  - Summer Outdoor Scavenger Hunt - [https://drive.google.com/file/d/1RDHyUU9DvPi\\_1sskhaOsbnTO7cze60Vv/view?pli=1](https://drive.google.com/file/d/1RDHyUU9DvPi_1sskhaOsbnTO7cze60Vv/view?pli=1)
  - Beach Scavenger Hunt - <https://soeasybeinggreen-blog.com/wp-content/uploads/2019/04/Beach-Scavenger-Hunt-Printable.pdf>
  - Camping Scavenger Hunt - <https://drive.google.com/file/d/1uULB0BhVpQsgRhvsWQMS0BCdlQPSTFpm/view>
- **Go on a mindful walk** - Ask your child to take account of what they sense as you walk around your town. Taking the time to determine what you see, smell, feel and hear will help ground you in the moment. Have students focus on using one of their senses at a time in order to help them narrow their focus.



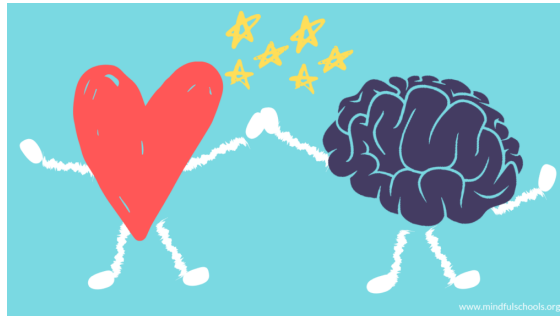
# Middle School Activities for Summer Social Emotional Learning

- **Read.** Create a cozy nook complete with pillows and read some new books with your child. Choose books that focus in on aspects of social emotional learning and discuss the issues after.
  - Middle School Social-Emotional Book List - <https://www.teachingbooks.net/tb.cgi?lid=9085>
- **Make a scrapbook.** Putting together a scrapbook is a great way for children to reflect on their favorite memories. Have them piece together images and pictures that represent the moments they are most proud of and add a caption or drawing that expresses how they felt.
- **Volunteer.** Get your child involved in the community at an early age by participating in a park clean up, helping at the animal hospital, or visiting a nursing home.
- **Practice yoga.** Incorporate a few minutes of yoga into your morning routine to prepare for the day, or at night to help relax. Let your child choose the poses as they get more accustomed to the flow. These videos can get you and your child started with yoga.\_
  - <https://www.youtube.com/watch?v=DKNjn1OaMV4>



# How can parents promote social-emotional learning

- Take care of yourself, even when it feels like it's the last thing you have time to do
- Establish routines
- Be present - Be intentional when connecting with your children during activities
- Celebrate what you can - even the small things
- Practice active listening
- Give your child freedom to express and name their emotions



# Resources

- Summer Reading List: SEL In and Out of The School Year
  - <https://www.cfchildren.org/wp-content/uploads/resources/activities/ssp-reading-guide.pdf>
- SOCIAL AND EMOTIONAL LEARNING ACTIVITIES FOR FAMILIES AND EDUCATORS
  - <https://www.k12.wa.us/sites/default/files/public/studentssupport/sel/pubdocs/SEL%20Parent%20and%20Educator%20Activities.pdf>
- Youtube
  - Social Emotional read aloud books
  - [https://www.youtube.com/results?search\\_query=social+emotional+read+aloud+books](https://www.youtube.com/results?search_query=social+emotional+read+aloud+books)
- 100+ Free Social-Emotional Learning Resources
  - <https://www.thepathway2success.com/free-social-emotional-learning-resources/>
- 7 Summer Social Emotional Learning Activities
  - <https://blog.peakapak.com/7-summer-social-emotional-learning-activities/>