

SEL Activities

7 Community Building
transitions
for virtual learning





Community Building

Getting to know each other

betterkids

First Letter and Adjectives



About
5 min

- Think of an adjective (a describing word) that matches the first letter in your name. For example: Hungry Harry, Tiny Tina
- You can try playing this game using emotion adjectives. For example: Sad Simon, Angry Angela
- Students go around sharing their adjectives

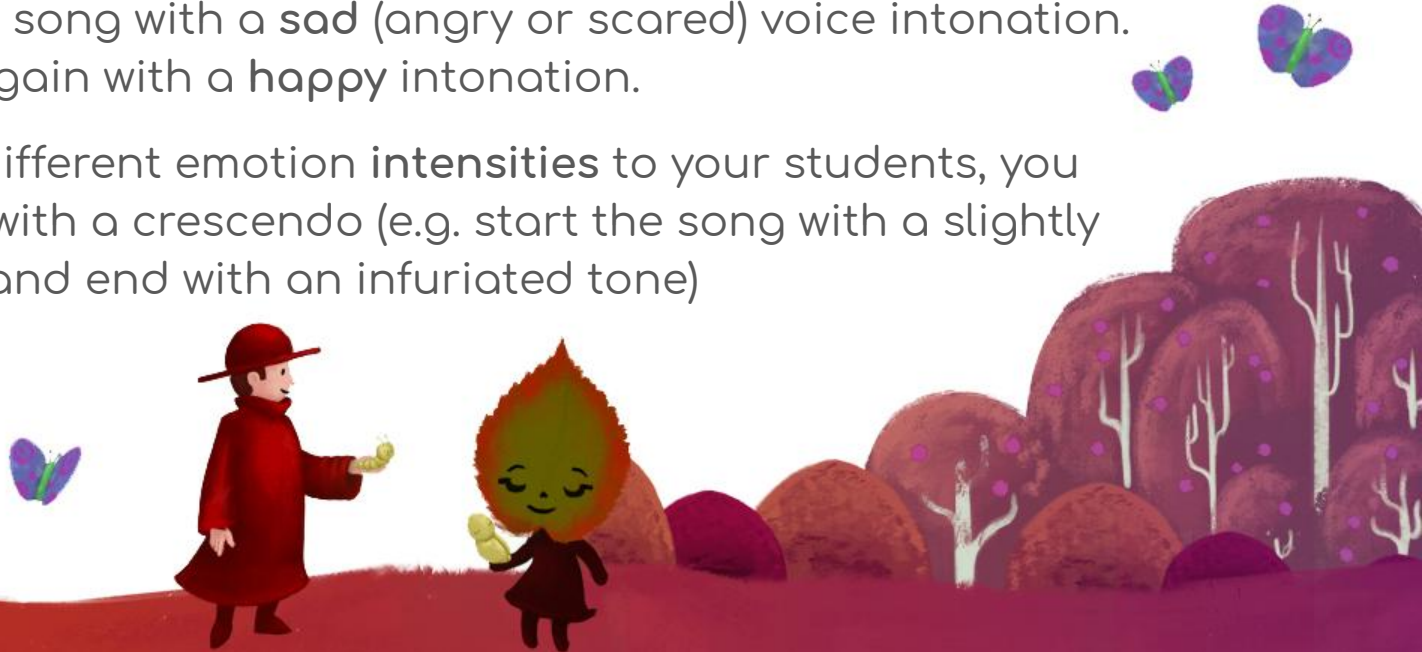


Sing a song



About
5-7 min

- Learn a fun song together or sing the ones you used to sing together during morning meeting
- First, sing that song with a sad (angry or scared) voice intonation. Then, sing it again with a happy intonation.
- To introduce different emotion intensities to your students, you can also sing with a crescendo (e.g. start the song with a slightly irritable tone and end with an infuriated tone)

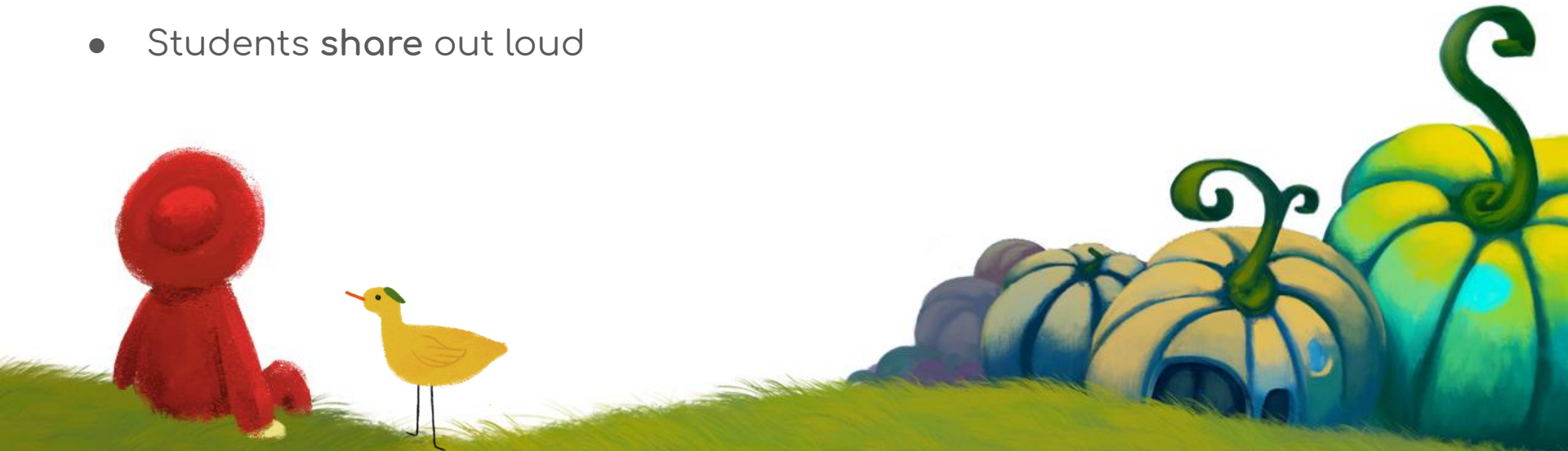


Rose & Thorn



About
10 min

- What is your rose of the day? (Something positive that happened)
- What is your thorn? (Something that didn't go as well)
- Students share out loud



Just like me



About
5-8 min

- Teacher can begin by sharing *one* statement that is true for them.
(something that isn't too specific or too broad so that it can apply to other people)
- Examples: I love dark chocolate. I like to skateboard. I do not enjoy brussel sprouts. I have a brother.
- If the statement is also true for others, they stand up from their seat and together say "Just like me." If it's not true, they stay seated.
- Students can take turns sharing statements.



My favorite...



About
10 min

- Each student will have a turn to share about a favorite _____ (book, food, animal, sport, activity with my family, quality about themselves etc.) and why, using a complete sentence.
- To practice listening skills, after everyone has shared, ask recall questions such as, “Who remembers whose favorite book was a biography about Abraham Lincoln? Does anyone remember why that was her favorite book?”

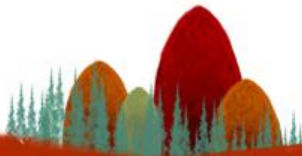


I'm going to... (alphabetical order)



About
5-8 min

- Say - "I'm going to _____ (name a place) and I'm going to bring _____ (start with an object that starts with letter A all the way to Z)
- EX: I'm going to Hawaii and I'm going to bring an apple.
I'm going to Hawaii and I'm going to bring a ball, etc.
- CHALLENGE: Have each following person repeat all the alphabetical objects named before



I'm going on a Trip (variation)



About
5-8 min

- I'm going on a trip and I'm going to bring _____.
- Next person has to say the name of the person before, describe what they are bringing, before they describe what they themselves will bring.
*This means that the last person has the most to memorize.

E.g.: I'm going on a trip and I'm going to bring a book.

- Person 1: I'm going on a trip and I'm going to bring a book.
- Person 2: (names person 1) Sarah is going on a trip and she's going to bring a book. I'm going on a trip and I'm going to bring a snack.
- Person 3: (names person 1 and 2) Sarah is going on a trip and she's going to bring a book. Tim is going on a trip and he's going to bring a snack. I'm going on a trip and I'm going to bring my boots.

