

# SOCIAL-EMOTIONAL CHOICE BOARD

<b>Mindfulness 5 Senses Check-In:</b>  Pause and notice what you are seeing, hearing, smelling, tasting, and touching. Observe and sit in the moment for a little while.	<b>Feelings Check:</b>  Take a minute to check-in with your feelings. Write down how you are feeling and why.	<b>Deep Breathing:</b>  Count to 10 as you take deep breaths. (Inhale, exhale 1... Inhale, exhale, 2...) If you start thinking about something other than your breath, start back over at 1!	<b>Progressive Muscle Relaxation:</b>  Starting at the top of your head clench and release your muscles. Then work your way down through each muscle all the way to your toes! Notice how you feel afterward.
<b>Grief and Gratitude:</b>  Get out 5 coins and 2 cups. Name 5 things you are grieving the loss of right now (seeing friends, going to school, etc) as you place the coins into one cup. Then move each coin to the other cup as you name something you are grateful for during this time.	<b>Gratitude Scavenger Hunt:</b>  Walk around your house and find 10 things you are grateful for. Then explain why you are grateful for them to a family member.	<b>DIY Calm Down Bottle:</b>  Make your own calm down bottle using a water bottle, glitter, and soap! Watch a tutorial here.  <a href="https://www.youtube.com/watch?v=AyiOTYcoMTI">https://www.youtube.com/watch?v=AyiOTYcoMTI</a>	<b>DIY Stress Ball:</b>  Make your own stress ball using a balloon and flour. Watch a tutorial here.  <a href="https://app.gonoodle.com/activities/how-to-make-a-squishy-stress-ball">https://app.gonoodle.com/activities/how-to-make-a-squishy-stress-ball</a>
<b>Shake It Off 5 Minute Dance Party:</b>  Stop what you are doing and play your favorite upbeat song. Dance like crazy and shake off any stress or tension you may have!	<b>Letter Writing:</b>  Write a letter to a friend or teacher who you miss. You can type an email to send them or send it through the mail with some stickers!	<b>Visualize Your Favorite Place:</b>  Pause and take a minute to visualize your favorite place in the world. What does it look, sound, and smell like? Imagine you are really there. Notice how it makes you feel.	<b>Positive Affirmations Collage:</b>  Grab some old magazines or newspapers and cut out different words and letters to make positive affirmation sentences.  Examples: I am loved. I am smart. I am brave.