

Social Emotional Learning Activities PDF

Activity 1: Emotion Charades Objective: Participants express and recognize emotions through non-verbal cues. Enhances emotional awareness and interpersonal communication skills. Instructions: Divide participants into small groups. Each person acts out an emotion without speaking, while others guess the emotion being portrayed. Afterward, discuss the experience and emotions evoked.

Date completed: _____ dd / mm / yyyy

Comments on how it went:

Activity 2: Gratitude Journaling Objective: Cultivate a positive mindset by reflecting on daily moments of gratitude. Strengthens emotional well-being, resilience, and a sense of fulfillment. Instructions: Encourage participants to maintain a gratitude journal. Regularly prompt them to jot down aspects they are thankful for and reflect on the positive impact on their emotions.

Date completed: _____ dd / mm / yyyy

Comments on how it went:

Activity 3: Empathy Circle Objective: Develop empathetic listening skills through guided group discussions. Fosters understanding, compassion, and effective communication. Instructions: Form a circle and introduce discussion prompts related to personal experiences. Participants take turns sharing, while others actively listen. Reflect on the insights gained and connections made.

Date completed: _____ dd / mm / yyyy

Comments on how it went:

Activity 4: Goal Setting for Emotional Growth Objective: Guide individuals in setting specific emotional intelligence goals. Facilitates personal development, self-awareness, and effective selfmanagement. Instructions: Conduct a goal-setting session focusing on emotional growth. Encourage participants to identify specific areas for improvement, set achievable goals, and outline action plans.

Date completed: _____ dd / mm / yyyy

Comments on how it went:

Activity 5: Mindful Breathing Exercise Objective: Introduce mindfulness practices to reduce stress and enhance emotional regulation. Improves self-awareness and promotes emotional balance. Instructions: Lead participants through a mindful breathing exercise. Emphasize the connection between breath and emotional well-being. Discuss the experience and its impact on participants' emotional states.

Date completed: _____ dd / mm / yyyy

Comments on how it went:

ADDITIONAL NOTES

Additional Notes: