# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY

**SOCIAL SKILL:** HELPING OTHERS/VOLUNTEERING  
**CASEL COMPETENCY:** SOCIAL AWARENESS

## ACTIVITY INFORMATION

**Activity:** Letters of Joy  
**Grade Levels:** K-6  
**Prep Time:** 0-5 min  
**Activity Time:** <30 min

## MATERIALS AND ADVANCED PREPARATION

**Materials:** Paper, pencils, envelopes, stamps  
**Preparation:** None

## ACTIVITY

Start off this lesson by talking about those who serve to protect our freedom. Discuss that being in the military is a choice that they make to volunteer. Talk about the sacrifices that they do in order to protect our freedom. Ask for 5 or so volunteers to write letters to people serving in the Army. Then ask for 5 volunteers for each of the different branches of the military (Navy, Air Force, Marine Corps, and Coast Guard). Have volunteers for each group sit together at a table to write letters, draw pictures, and to share ideas.