# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY

<table>
<thead>
<tr>
<th>SOCIAL SKILL: BEING RESILIENT</th>
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<td>CASEL COMPETENCY: SELF-AWARENESS</td>
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## ACTIVITY INFORMATION

**Activity:** Reelin’ In Courage  
**Grade Levels:** K-2  
**Prep Time:** 5-10 min  
**Activity Time:** <30 min

## MATERIALS AND ADVANCED PREPARATION

**Materials:** Magnets, paper clips, hole punch, paper, string, dowel and a can  
**Preparation:** None needed.

## ACTIVITY

Give each student a small piece of paper. Have them fold it in half. On the upper half, have them write down something they are, or were, afraid of. On the lower half, have them write what they did or can do to get over this fear. They do not need to put their name on the paper. Punch a hole through the top of both pieces of paper near the fold, then attach a paper clip. Have students place the pieces of paper in a can. Give students a “fishing pole,” a wooden dowel with string and a magnet attached to the end. Have the students take turns dropping the end of the pole into the can. The magnet will attach to the paper clip. Then students "reel in" the clip of paper and read what is on the paper. Discuss how it takes courage to overcome our fears.