SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING RESILIENT
CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: We Are Not Alone
Grade Levels: K-6
Prep Time: 0-5 min
Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper, crayons and markers
Preparation: None needed.

ACTIVITY

Discuss what it means to have a support team in your life. Share examples such as parents, teachers, friends, brothers, sisters, grandparents, other relatives, church leaders, team coaches, or neighbors. Ask the students to create a picture of people they think are supportive. Tell them to draw 5 people in their life that support them. Tell them to write underneath the pictures who they are and what they do to support them. Ask them to color and decorate their pictures. Ask a few students to share their examples.