SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: SHOWING RESPECT
CASEL COMPETENCY: SOCIAL AWARENESS

ACTIVITY INFORMATION

Activity: We Are A Trail Mix!
Grade Levels: K-6
Prep Time: 0-5 min
Activity Time: 15 min

MATERIALS AND ADVANCED PREPARATION

Materials: Whiteboard, markers, large bowl, large mixing spoon, apple, orange, banana, trail mix ingredients
Preparation: None needed.

ACTIVITY

Discuss with students what qualities we want in our friends and the kind of friends we want to be. Show the class the apple, orange, and banana. As a class discuss what is the same and what is different about the fruit. Emphasize in their answers that just like the fruit, we are all alike and different in some ways. Ask the student to compare what is alike and different between classmates that helps us work together and be successful as a class. Remind them to use their manners when comparing their classmates and to use kind words. Get the big bowl and tell the students to brainstorm ideas of how we can have happy days at school and work together. Discuss each suggestion and elaborate on their ideas. For each idea, add one item to the trail mix. Once you finish, discuss how the trail mix is like your school. Discuss how colorful and diverse it is, and how everyone in the school helps bring an important aspect to the school.