

# 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.