

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING RESILIENT
CASEL COMPETENCY: SELF-AWARENESS

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.