

# 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.