

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: WAITING & INTERRUPTING APPROPRIATELY

CASEL COMPETENCY: SELF-MANAGEMENT

ACTIVITY INFORMATION

Activity: If I Were A... Activity

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: None needed.

ACTIVITY

Write a topic statement such as "If I were an animal I'd be...", "If I were an insect I'd be...", "If I were a body of water I'd be..." etc. Have the first student turn to the next and finish the statement. Encourage the student listening to be respectful and contribute a respectful comment. Continue the pattern until every student has completed the statement and every student has listened to another student finish the statement. Before they start, help them brainstorm respectful comments to make. Remind them that it is important to be sincere and genuine, and in order to do that, they must listen to each other. Ask the students what they learned about each other. Ask the students why listening is essential for a good relationship. Discuss the importance of taking turns listening and talking so that both people in a relationship feel valued.