

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: HELPING OTHERS/VOLUNTEERING
CASEL COMPETENCY: SOCIAL AWARENESS

ACTIVITY INFORMATION

Activity: Letters of Joy

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper, pencils, envelopes, stamps

Preparation: None

ACTIVITY

Start off this lesson by talking about those who serve to protect our freedom. Discuss that being in the military is a choice that they make to volunteer. Talk about the sacrifices that they do in order to protect our freedom. Ask for 5 or so volunteers to write letters to people serving in the Army. Then ask for 5 volunteers for each of the different branches of the military (Navy, Air Force, Marine Corps, and Coast Guard). Have volunteers for each group sit together at a table to write letters, draw pictures, and to share ideas.