

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

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

ACTIVITY INFORMATION

Activity: Reflecting on Volunteering

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper, pencils and art supplies

Preparation: None

ACTIVITY

Discuss as a class what volunteering is, give some examples, and then have several students share what they have done through volunteering. Now give each student a piece of paper and have them write about their volunteer experience and how they felt while volunteering (for students who haven't had an experience with volunteering or can't think of one have them write about a volunteer activity that they want to do and how they think they will feel while doing it. For younger grades writing can be substituted for drawing a picture about it instead. Post up the writing/pictures in the classroom for everyone to see each other's volunteering efforts.