

SEL @ Home



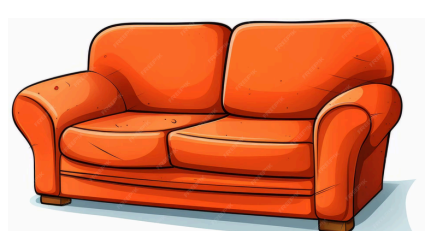
Social-Emotional Learning (SEL) helps kids understand and manage their emotions, build strong relationships, and make responsible decisions for success in school and life.

The Collaborative for Academic, Social, and Emotional Learning defined 5 areas of focus in SEL. (pictured below)



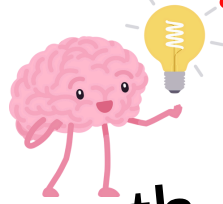
ONE OF THE KEYS IS TO FOCUS ON MINDSET

These Growth Mindset activities are designed to help children build self-awareness by recognizing their abilities and seeing challenges as opportunities for growth. The activities will strengthen their brains for resilience and problem-solving.



KAM GREEN
FOUNDER GET UP & THRIVE
& RETHINK AFTERSCHOOL

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Growth MINDSET

Activity 1

"Replace "I can't with I need Help"

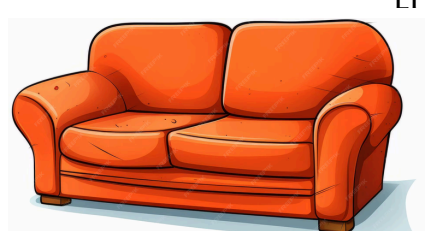
Have kids create a list of things they've said they 'can't' do or things they think they can't do. Then, on the other side of the page, write down who could help them with those tasks, whether it's a teacher, family member, or even a friend. Afterward, practice asking for help when they need it.

How It Helps the Brain

This helps our brain because recognizing challenges and seeking help strengthens our brain's problem-solving pathways, making it easier to face future difficulties with confidence.

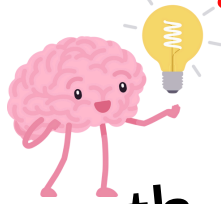
HEY, HEY. HAVE YOU ENGAGED TODAY?

IT DOESN'T HAVE TO BE EVERY DAY. DO THESE ACTIVITIES WHEN YOU CAN, WITH INTENTION, AND IT WILL GO A LONG WAY IN BUILDING A GROWTH MINDSET. SMALL, CONSISTENT EFFORTS ADD UP AND MAKE A BIG DIFFERENCE OVER TIME.



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Activity 2

Positive Self-Talk Posters, Post-its, Postcards

Kids can create a positive self-talk poster by writing encouraging phrases like, 'I am learning and growing' or 'Mistakes help me get better.' They can hang it in their room or create an alert on their phone to pop up throughout the day.

How It Helps the Brain

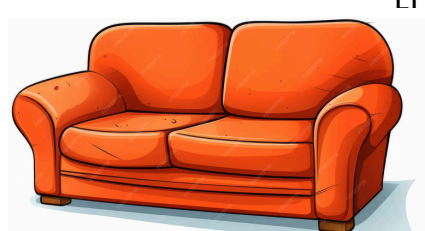
This helps our brain by continuously reminding us of our potential, reinforcing pathways that build motivation and resilience when we face challenges.

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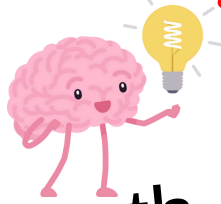
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Activity 3

Growth Mindset Journaling

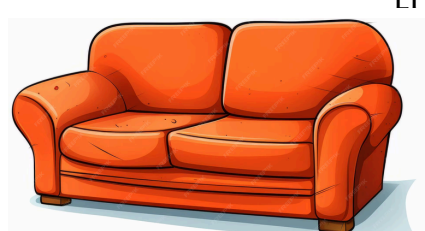
Take a few minutes each day for kids to journal about one challenge they faced and what they learned from it, or how they'll try again next time. Prompt them with questions like, 'What was hard today? What will you do differently next time?'

How It Helps the Brain

This helps our brain by encouraging reflection, which supports learning by strengthening memory and increasing connections related to perseverance and problem-solving.

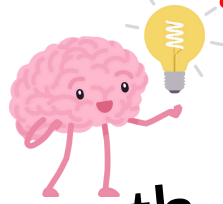
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Activity 4

Growth Mindset Success Tree

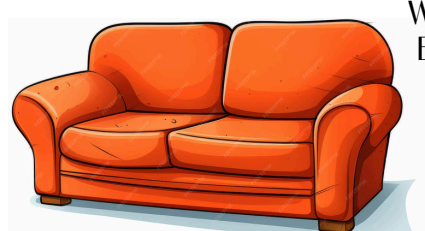
Create a 'Growth Mindset Success Tree' on a wall or a piece of paper. Each time kids overcome a challenge or learn something new, they can add a 'leaf' to the tree. These leaves can be simple drawings, stickers, or written words that represent a small victory or new skill learned. This way, they can physically see their growth and remember that every challenge they face helps them grow.

How It Helps the Brain

This helps our brain by visually tracking growth, encouraging recognition of progress. It reinforces the brain's motivation and reward systems, showing kids that even small efforts and successes add up over time, making future challenges feel more achievable.

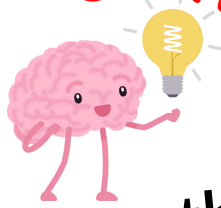
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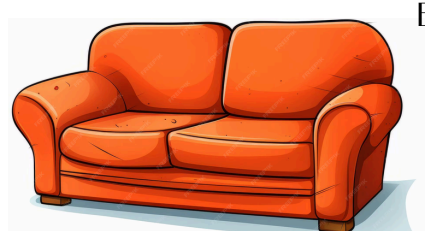
Growth MINDSET

CREATE YOUR OWN GROWTH MINDSET ACTIVITY

Come up with an activity together and give it a name it can be after yourself or something you like? What makes it a growth mindset activity? It's a growth mindset activity if it encourages you to keep trying, learn from mistakes, and celebrate progress!"

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