

Name: _____

Social Work E- Learning Activities for Students Grades 5-12

Lesson Title	Self-Care During Social Distancing
Objective	I will express and manage my emotions in appropriate ways.
Materials	<u>30 Things You Can Do For Your Emotional Health</u> <u>Mindfulness for Distance Learning</u>
Activities and instructions	<ol style="list-style-type: none">1. Choose an activity from the “30 Things” challenge sheet.2. Ask your child for ideas of what they think they can do to meet the daily challenge.3. Provide assistance if needed.
Independent Practice	Encourage your child to repeat the challenge without prompting the remainder of the day, if appropriate.
Check for understanding	Ask your student: -How did completing the daily emotional health challenge affect their mood? -How do they think the daily challenge impacted others/immediate family members?

Every day: Encourage open discussion with your child about what they are feeling. Support creative activities and encourage your child to get outdoors as much as possible. View extra time at home as an opportunity to spend more time as a family.

Parent Signature: _____