

Social Emotional Learning at Home

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DAY 1

Think:

Which emotion are you feeling right now?

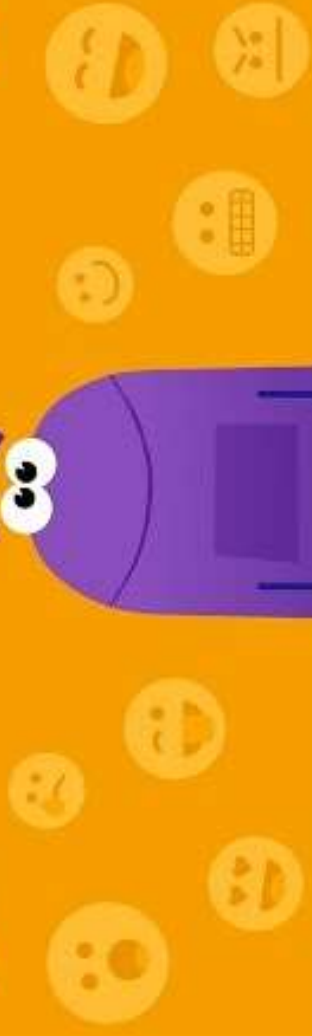
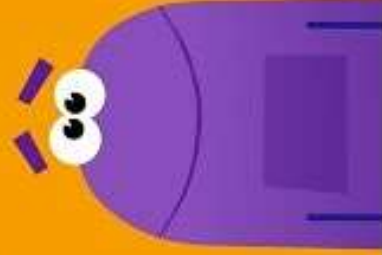
What can you do when you are feeling grumpy?

What can you do when you are feeling sad?

Do:

Make a list of all of the things that make you happy.

EMOTIONS



Activity:

**Make a list of all the things
that make you happy.**

