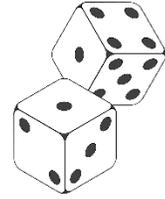


Social and Emotional Learning



Roll with SEL

All you need is a dice and have fun!

How to Play: Roll a dice once in order to pick a category to answer from (choose the category relating to the dice-roll); then roll a second time to answer the question (relating to the second number you rolled). Continue to take turns with all players to answer as many questions as you can in a set time.

	TOP 3		COMPLETE IT		TRY IT... HOW DO YOU FEEL?
 	<ul style="list-style-type: none"> • Things that make you smile • People who support you • Worries or fears • Things you are grateful for • Things that make you laugh • Ways to calm down 	 	<ul style="list-style-type: none"> • My favourite way to de-stress is.. • I feel loved when... • I feel happy when... • Life is great because... • I am thankful for... • I feel anxious when... 	 	<ul style="list-style-type: none"> • Smile for 10 seconds • Take a long deep breath • Slump over and make a frown • Give 3 compliments • Share something worrying you • Relax all the muscles in your body
	TRUE OR FALSE		WHAT HAPPENED?		SEL QUIZ
 	<ul style="list-style-type: none"> • It is good to worry sometimes • It is not OK to feel mad • Feelings are important signals • You are good at staying calm • You are happy when you are alone • Worries can keep us safe 	 	<ul style="list-style-type: none"> • You are angry and can't calm down • You are feeling overwhelmed • You have a huge grin on your face • You are feeling proud • Your heart is beating really fast • You feel relaxed and calm 	 	<ul style="list-style-type: none"> • What is the 'Golden Rule'? • What 3 steps calm you down? • Name 6 comfortable feelings • What do good friends do? • What is a Not OK choice? • Think of 4 types of compliment

