



December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Social Emotional Learning Choice Boards	2 Educator Resource: SEL Activities for Educator and Parents	3 Would You Rather? Questions	4 Positive Affirmation Worksheet
7 Mindfulness Mondays: 10 Perfect Breaths Worksheet	8 Anger Thermometer	9 Parent Resource: CASEL Parent SEL Resources	10 Worry Scale	11 Vision Board Activity
14 Mindfulness Mondays: Everything Fresh And New	15 Feelings Check-In	16 Parent Resource: A Parent's Guide to SEL	17 Social Emotional Learning Journal	18 My Favorite Things Worksheet