












## Daily SEL Challenge

<p>Create a calming corner or spot in your house with your favorite things.</p> 	<p>Write a journal entry about how you are feeling today.</p> 	<p>Self-love and self-compassion are important! List 5 ways you can be kind to yourself.</p> 	<p>Make a list of 15 kind things you can do for others.</p> 
<p>Do a mindfulness activity on GoNoodle Flow.</p> 	<p>Do something kind for someone. Write about how it made them (and you) feel.</p> 	<p>Write a kind note or letter to someone else. Take a picture of it or send an email.</p> 	<p>Teach your family about the Zones of Regulation. You can even create your own check-in.</p> 
<p>Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.</p> 	<p>Email a teacher and thank them for all of their hard work.</p> 	<p>Spend time with a family member by watching a movie, playing a game or taking a walk together.</p> 	<p>Teach a friend or family member a skill or strategy you've learned.</p> 