

# 12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway  
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

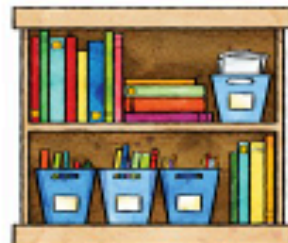
Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"