TAKE HOME SEL PACKET

includes:

- Calming Scavenger Hunt (from the Calm-a-Llama workbook)
- Breathing Strategies Page (from SEL workbooks)
- Things I can control or let go
- Positive self talk (from the Self-esteem resource)
- 50 Reasons to be Thankful (from "Plate full of Thanks")
- Weekly Gratitude Journal page (from "Latte gratitude")
- Hygiene tips coloring page (from SEL brochures)

CALM-A-LLAMA SCAVENGER HUNT

How many can you complete?

- ❑ Wear headphones and clean your room to your favorite songs.
- ❑ Snuggle in a cozy blanket & watch a movie.
- ❑ Sleep with a super soft stuffed animal.
- ❑ Fall asleep to spa music.
- ❑ Learn some new jokes & try them out.
- ❑ Color with new markers.
- ❑ Learn to make a new recipe that you love.
- ❑ Just sit & watch people in public.
- ❑ Learn & try progressive muscle relaxation.
- ❑ Stretch your arms up to the sky, hold while counting to 15. Release.
- ❑ Try a new hobby.
- ❑ Make shapes with play-doh.
- ❑ Play with kinetic sand.
- ❑ Stretch all of your muscles.
- ❑ Talk to an animal.
- ❑ Take a bubble bath.
- ❑ Take a nature walk.
- ❑ Balance on one leg and time it.
- ❑ Read a book in quiet in your bed.
- ❑ Try a yoga pose.
- ❑ Daydream in the dark.
- ❑ Make a list of things or people that make you feel grateful.

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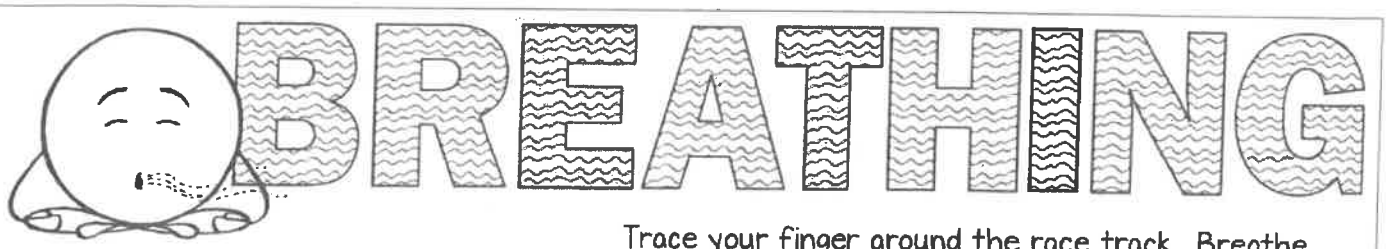


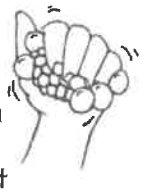
MINDFUL BREATHING:

Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment.
Now, take in a deep breathe while repeating the name of this blessing.
Breathe out slowly while imagining this thing that brings you joy.
Repeat this each day with a new blessing

IN - HOLD - OUT BREATHING

Inhale through your nose while counting to 5
Hold it while counting to 6
Exhale through your mouth while counting to 7

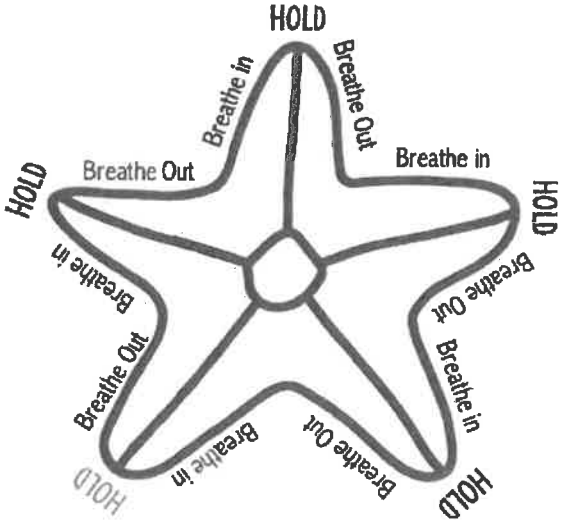
SQUEEZE AND BREATHE



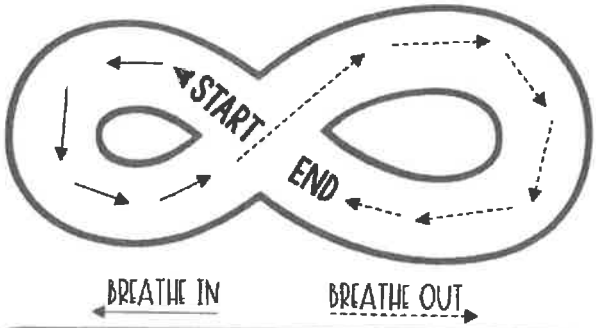
1. Find a stress ball, play doh, or other soft object to squeeze.
2. Take in a deep breath as you squeeze.
3. Breathe out slowly as you let go.

STARFISH BREATHING:

Breathe in as you trace up the star. Hold at the tip. Breathe out as you trace down. Go slowly.



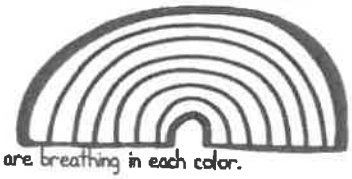
Trace your finger around the race track. Breathe in while tracing the left side and out slowly while tracing the right side. (repeat daily)



BELLY BREATHING:

Switch the focus of your breathing from your chest to your belly. Place one hand on your chest and one on your belly. Take a deep breathe. Notice your belly rise. Breathe out. Notice your belly fall.

BREATHE THE RAINBOW



Imagine the color of the rainbow.
Take a deep breath while imagining you are breathing in each color.

Red: Breathe deeply through your nose, the warming calm of the color red. Hold it and feel the warmth in your chest. Blow that warmth back into the room, slowly with your mouth.

Orange: Breathe in the zesty excitement of the color orange in through your nose.. Hold it and feel the tingling joy in your heart. Blow that joy slowly back into the room with your mouth.

Yellow: Breathe deeply through your nose, the glowing rays of the color yellow. Hold it like sunshine beaming down on your face. Blow those rays back into the room, slowly with your mouth.

Green: Breathe in the morning dew of the color green through your nose.. Hold it and feel the feeling of a new morning in my arms. Blow the freshness of a new start back into the room with your mouth.

Blue: Breathe in the calming waves of the color blue. Hold it like you are floating on the top of that wave. Let that wave crash as you blow it's calmness back into the room with your mouth.

Purple. Breathe in the loving embrace of the color purple. Hold it like a tight hug for a moment. Blow the love of that hug slowly out of your mouth, back into the room.

SELF CONTROL

- Choosing to do what you **should do**, not just what you want to do.
- Focusing on what you **can control** and not worrying about things you cannot control.

Look at the things that you can control in your life. Make goals for those things.
Look at the things you cannot control. Let go of those things.

I CAN CONTROL

- ❑ My thoughts
- ❑ My happiness
- ❑ My actions
- ❑ Who I choose as friends
- ❑ What I focus on
- ❑ My goals
- ❑ My study habits
- ❑ My effort
- ❑ My habits
- ❑ Others:

make goals for improving these things!

Add to this list and give specific examples.

I CANNOT CONTROL

- ❑ Other people's thoughts and attitudes
- ❑ Other people's actions
- ❑ Other people's happiness
- ❑ Other people's sadness
- ❑ Other people's anger
- ❑ The problems in the world
- ❑ Grown up issues
- ❑ Others:

Say "good-bye" to these things!

Add to this list and give specific examples.

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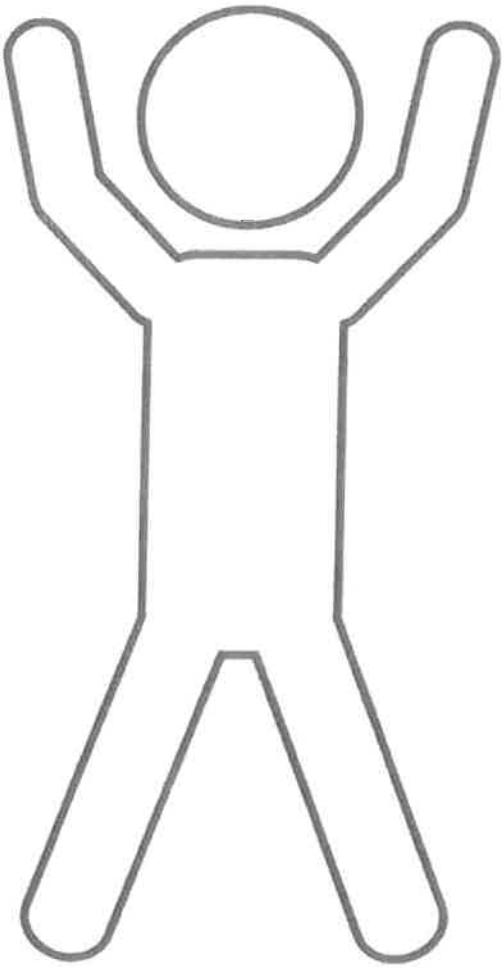
POSITIVE WORDS TO DESCRIBE ME.

Write words all over the page that describe you!



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50 REASONS TO GIVE THANKS

CLEAN SHEETS
WALKING IN THE WOODS
PIZZA
NEW PAJAMAS
CAMPFIRES
FINISHING HOMEWORK
THE SOUND OF RAIN
ROAD TRIPS
SOLVING A RIDDLE
HOME COOKED MEALS
RAINBOWS
MOVIES
A CLEAN ROOM
RAW COOKIE DOUGH
ACCIDENTAL FRIENDSHIPS
LONG WEEKENDS
BEING LOVED
CANDY
HAPPY DREAMS
MILKSHAKES
A GOOD BOOK
FOOD TRUCKS
SWIMMING POOLS
SCENTED LOTION
SURPRISES
HUGS
INTERNET
MEMORIES.
COMFY CLOTHES
NEW SHOES
BEST FRIENDS
BUBBLE BATHS
A FAVORITE SONG
SOUNDS OF THE OCEAN
HITTING THE SNOOZE BUTTON
SUNSETS
MAKING A NEW FRIEND
WARM SHOWERS
HANDWRITTEN NOTES
WARM COOKIES
FUZZY SOCKS
PLAYLISTS
A NEW BABY
STARRY NIGHTS
PUPPIES
SPELLCHECK
HOT CHOCOLATE
FINDING A NEW HOBBY
A GOOD LAUGH
SLEEPING LATE

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A WEEK OF *Thanks*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." -Zig Ziglar

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Cover your sneezes and coughs with your inner elbow.

Massage your scalp with shampoo because most of the oil builds up there.

Clean and trim your fingernails and toenails. Your nails collect germs and bacteria that can smell and make you sick.

Wear clean clothes and underwear/ under garments daily.

Use soap. Plain water will not get rid of the bacteria.

Feet sweat more than you think. Always wear socks and wash them after every wear.

Wash your hands after you go to the restroom, before you eat, and after you've been touching surfaces out in public.

Dampness causes bacteria build up and odor. Let things air dry when they get wet.

Give your shoes a chance to air out by not wearing them every single day or by taking them off as soon as you get home.

Wipe bottom from front to back.

Use deodorant daily and repeat if you exercise or get sweaty during the day.

Keep your hands out of your mouth and eyes so you don't get germs into your body.

Don't miss those hard to reach areas and under your arms.

BATHE OFTEN

Your body creates bacteria and oil daily that can cause you to smell.

Take a bath or shower after exercise to clean off sweat that causes bacteria build up.

Brush and floss your teeth in the morning and at bedtime. If you are able, brush after meals as well.

Keep your area tidy to keep bugs away.

Don't go to bed sweaty or dirty.

Taking a bath or shower before bed will reduce how often you need to clean your sheets.

Wash your sheets once to four times a month.

Wash jackets & coats regularly. They will start to smell and build up bacteria just like your other clothes.