

Social-Emotional Learning Activities

SEL doesn't have to be confined to the classroom! These at-home activities can hone your child's social and emotional skills, helping them thrive in many aspects of life.

Make schedules and to-do lists

Does your kid need help [managing their time](#) and making responsible decisions—like completing homework or chores on time? Help them make an organized to-do list, daily schedule, or "vision board" that spells out their dreams for the future. In doing so, they'll gain experience with goal setting and decision-making.

Relieve stress

Sometimes life gets stressful—even for little kids. Help your child recognize when they're feeling drained or upset (self-awareness) and teach them to manage their emotions through [mindfulness activities](#), exercise, or music (self-management). Even adults can benefit from this social-emotional learning activity!

Journal for self-discovery

At regular intervals (say, once per week), encourage your child to list specific things that bring them joy—for example, walking the family dog, playing board games with siblings, and eating their favorite dinner. They'll practice self-awareness (understanding what they like) and self-management (understanding how they react to things they enjoy).

[30 Journal Prompts for Kids to Aid Self-Discovery](#)

Draw emotions

What does it look like to be happy or sad? How about surprised or worried? Have your child express common emotions through drawings or paintings. In creating the images, they'll reflect upon their thoughts and feelings about themselves and others. Your kid may also associate the feelings with different colors (for example, red means angry).

Perform random acts of kindness

Throughout the day, have your child look for [ways to help others](#). Maybe it's holding open the door, complimenting a friend's new shirt, saying "thank you," or inviting someone new to play. Through this social-emotional learning activity, they'll build social awareness and relationship skills.

Write letters

Bring back the art of letter writing! When your child writes to relatives or friends, they hone their relationship skills by reflecting on social connections.

Volunteer or donate

Children with superior social-emotional competence can empathize with people of different economic and social statuses. Hone this skill by [volunteering or donating](#) to an important cause.

Play games

As it turns out, family game night counts as social-emotional learning! While playing games, children must cooperate with others, take turns, handle frustration, solve problems, and more. They'll also see how others react to winning or losing.