

MONTEZUMA ELEMENTARY SCHOOL



Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. - The Collaborative for Academic Social, and Emotional Learning (CASEL)

April 2020

SCHOOL COUNSELING CONNECTION

SEL SKILL
Gratitude

Gratitude Drawing Prompts

1. Draw something that makes you smile.
2. Draw something you love to do.
3. Draw something you are thankful for.
4. Draw someone who helps you.
5. Draw something that makes you happy.
6. Draw someone you love.
7. Draw something you think is fun.
8. Draw something that makes you laugh.

Make a Happiness Jar

Write down something that made you happy every day for a month, then open the jar and read about all the wonderful things that happened.

Gratitude Scavenger Hunt

1. Find something outside you enjoy looking at.
2. Find something that is useful for you.
3. Find something that is your favorite color.
4. Find something you know someone else will enjoy.
5. Find something that makes you happy.
6. Find something that tastes good.
7. Find something that smells amazing.
8. Discover something new.
9. Find something that makes you feel safe.
10. Find something that makes a beautiful sound.
11. Find someone you are grateful for.
12. Find something that is unique to you.
13. Find something that makes you laugh.
14. Find your favorite place to spend alone time.
15. Find something that reminds you of the people you love.
16. Find something outside that you enjoy doing.
17. Find a place that you love.