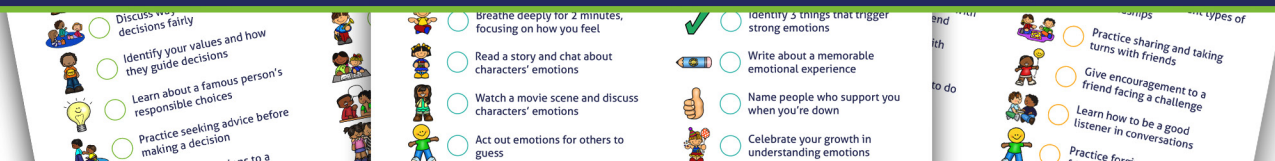




30-DAY SEL CHALLENGES



**SOCIAL EMOTIONAL LEARNING QUESTS
TO EMPOWER KIDS OF ALL AGES**



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Welcome to the 30 Day SEL Challenges!

Social Emotional Learning (SEL) is a crucial aspect of a child's development, focusing on the skills and attitudes that help them understand and manage their emotions, set and achieve goals, establish positive relationships, and make responsible decisions.

SEL promotes mental health, well-being, and success in school and life. Research has shown that teaching SEL in schools can lead to improved academic achievement, reduced behavioral problems, and increased emotional well-being.

This resource provides a series of twelve 30-day challenges designed to develop and strengthen essential SEL competencies in elementary school kids (K-5).

Each challenge focuses on a specific theme and includes 30 daily tasks that students can complete individually or with their classmates. These quick, engaging activities are designed to help students practice and develop critical SEL skills in a fun and interactive way.

Let's explore each theme with in more detail.



Self-Awareness

Self-awareness involves recognizing and understanding one's own emotions, thoughts, and values, and how they impact behavior and relationships. Developing self-awareness is essential for children, as it helps them understand their strengths and weaknesses, build self-confidence, and navigate social situations more effectively.



Self-Regulation

Self-regulation refers to the ability to manage and control one's emotions, thoughts, and behaviors, especially in difficult or challenging situations. For kids, self-regulation is important for developing emotional stability, resilience, and coping skills, which contribute to better academic performance and overall well-being.



Social Awareness

Social awareness is the ability to understand and empathize with others' emotions, thoughts, and perspectives, and to navigate social situations effectively. Fostering social awareness in children helps them build stronger relationships, develop empathy and respect for diversity, and engage in collaborative problem-solving.



Relationship Skills

Relationship skills involve the ability to establish and maintain healthy relationships with others, including communication, conflict resolution, and cooperation. Developing relationship skills in kids is crucial for forming positive connections, working well with others, and contributing to a supportive learning environment.



Responsible Decision-Making

Responsible decision-making is the ability to make thoughtful, ethical, and constructive choices based on a consideration of consequences and impact on others. Teaching responsible decision-making skills to children is essential for developing problem-solving abilities, moral reasoning, and a sense of responsibility for their actions.



Gratitude

Gratitude is the practice of expressing appreciation and thankfulness for the positive things in one's life. Encouraging gratitude in kids helps foster a positive attitude and perspective, which can lead to increased happiness, better relationships, and greater overall well-being.



Empathy

Empathy is the ability to understand and share the feelings of others, and to respond appropriately to their needs and perspectives. Nurturing empathy in children is vital for building strong connections, promoting kindness and compassion, and fostering a sense of social responsibility.



Mindfulness

Mindfulness involves being present and fully engaged in the current moment, fostering awareness, focus, and emotional regulation. Teaching mindfulness to kids can help reduce stress, improve attention and self-regulation, and enhance overall mental health.



Positive Thinking

Positive thinking is the practice of focusing on and cultivating positive thoughts and attitudes. Encouraging positive thinking in kids can help build resilience, optimism, and a growth mindset, all of which contribute to improved emotional well-being and academic success.



Self-compassion

Self-compassion is the practice of treating oneself with kindness, understanding, and forgiveness. Teaching self-compassion to children helps foster self-acceptance, emotional regulation, and a healthy sense of self-worth, which are essential for overall well-being.



Growth Mindset

A growth mindset is the belief that intelligence and abilities can be developed through hard work, persistence, and learning from mistakes. Cultivating a growth mindset in children is crucial for promoting resilience, motivation, and a lifelong love of learning.



Goal Setting

Goal setting involves the ability to set and work towards achievable and meaningful goals. Developing goal-setting skills in kids is essential for fostering motivation, self-efficacy, and a sense of accomplishment, ultimately contributing to their success in school and life.



How to Use This Resource

This resource is versatile and can be adapted for various educational settings and situations. Here are some suggestions for how educators can use these challenges with their students:

1. Integrate the challenges into daily lessons or morning meetings, discussing the daily task and providing time for students to complete the activity.
2. Use the challenges as homework assignments, encouraging students to share their experiences and insights with their family members.
3. Create an SEL-themed bulletin board where students can post their completed tasks, progress, or reflections, fostering a sense of community and shared learning.
4. Organize students into small groups to work on the challenges together, promoting teamwork, cooperation, and peer support.
5. Encourage students to create their own 30-day challenges based on the themes provided, allowing them to take ownership of their SEL development.
6. Provide incentives or rewards for students who complete the challenges, such as certificates, stickers, or special privileges.
7. Use the challenges as a springboard for deeper discussions about social-emotional topics and skills during class meetings or group counseling sessions.
8. Adapt the challenges for remote or hybrid learning environments, using digital tools and platforms to facilitate student engagement and collaboration.
9. Incorporate the challenges into a school-wide SEL initiative, involving parents, staff, and the broader school community in promoting and supporting social-emotional development.

By integrating these 30-day challenges into your teaching practice, you can help students build essential social-emotional skills, foster a positive classroom environment, and promote overall well-being and success.



SELF-AWARENESS

☐

Write about your emotions for 5 minutes

☐

Draw or list your current emotions

☐

Share two things you're good at and two things to improve

☐

Create a colorful emoji for your mood

☐

Rate your feelings from 1 to 10, and explain why

☐

Notice how different foods change your mood

☐

Listen to music that matches your feelings

☐

Dance or move to express yourself

☐

Write and say three nice things about yourself

☐

Talk about today's best and hardest moments

☐

Act out different emotions with a friend

☐

Breathe deeply for 2 minutes, focusing on how you feel

☐

Read a story and chat about characters' emotions

☐

Watch a movie scene and discuss characters' emotions

☐

Act out emotions for others to guess

☐

List 3 things you're thankful for today

☐

Think about how your body feels with different emotions

☐

Take a walk, noticing your surroundings and feelings

☐

Try something new and observe how you feel

☐

Set a goal and think about related emotions

☐

Learn 5 new words to describe emotions

☐

Make a collage that shows your emotions

☐

Check in with yourself hourly

☐

Make up a story with emotional characters

☐

Face a fear and observe your emotions

☐

Take a quiz to learn more about yourself

☐

Identify 3 things that trigger strong emotions

☐

Write about a memorable emotional experience

☐

Name people who support you when you're down

☐

Celebrate your growth in understanding emotions



SELF-REGULATION



- ☐ Breathe deeply for 2 minutes to relax



- ☐ Set a small goal and keep track of it



- ☐ Say nice things to yourself when things get tough



- ☐ Make a picture of what you want to achieve



- ☐ Take a break if things feel too hard



- ☐ List ways to calm down when upset



- ☐ Count to 10 slowly when you're mad



- ☐ Stretch or do yoga to feel better



- ☐ Listen carefully when someone talks



- ☐ Use a timer to switch tasks



- ☐ Take turns while playing a game



- ☐ Notice when you're stressed and ask for help



- ☐ Think of a peaceful place when stressed



- ☐ Encourage yourself before a challenge



- ☐ Help someone with a task



- ☐ Say "no" to things that distract you



- ☐ Break a big task into smaller parts



- ☐ Use a fidget toy to help focus



- ☐ Make a daily plan and follow it



- ☐ Pretend you're in a situation needing self-control



- ☐ List fun ways to let out extra energy



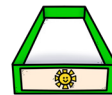
- ☐ Think about a time you controlled yourself well



- ☐ Practice waiting for something you want



- ☐ Have a routine for morning and bedtime



- ☐ Keep your things neat and organized



- ☐ Discuss emotions that are hard to handle



- ☐ Make a plan for dealing with tough emotions



- ☐ Listen well when in a group



- ☐ Give yourself a reward for self-control



- ☐ Think about how you're doing with self-control



SOCIAL AWARENESS



- ☐ Learn about a different culture or tradition



- ☐ Compliment someone's effort or work



- ☐ Practice listening without interrupting



- ☐ Watch a movie and discuss characters' feelings



- ☐ Share a toy, book, or game with a friend



- ☐ Talk about how actions affect others



- ☐ Help someone who's feeling left out



- ☐ Learn about body language and facial expressions



- ☐ Create a poster about kindness and respect



- ☐ Say "please" and "thank you" often



- ☐ Write a thank-you note to someone who helped you



- ☐ Learn about a famous person who made a difference



- ☐ Start a conversation with someone new



- ☐ Take part in a group project or activity



- ☐ Share a story about helping others



- ☐ Share a personal experience and listen to others



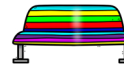
- ☐ Discuss how to be a good friend



- ☐ Invite someone new to play or join a group



- ☐ Practice using kind words and actions



- ☐ Brainstorm ways to help your community



- ☐ Do something kind for a family member



- ☐ Ask questions to understand others' feelings



- ☐ Learn about the Golden Rule



- ☐ Show empathy when a friend is sad or upset



- ☐ Volunteer your time to help others



- ☐ Notice and respect others' personal space



- ☐ Celebrate differences and diversity



- ☐ Apologize when you make a mistake



- ☐ Practice teamwork and cooperation



- ☐ Reflect on your growth in social awareness



RELATIONSHIP SKILLS



- ☐ Practice active listening in conversations



- ☐ Make a new friend at school or in your neighborhood



- ☐ Role-play resolving a disagreement with a friend



- ☐ Write a poem about friendship



- ☐ Play a game that requires teamwork



- ☐ Talk about ways to show trust in a friendship



- ☐ Create a group art project with friends



- ☐ Practice giving and receiving compliments



- ☐ Discuss qualities of a good friend with your classmates



- ☐ Make a "Friendship Chain" with kind words for each friend



- ☐ Offer to help a friend with homework or chores



- ☐ Brainstorm fun activities to do with friends



- ☐ Learn how to disagree respectfully



- ☐ Practice standing up for a friend who needs support



- ☐ Play "Two Truths and a Lie" to learn about friends



- ☐ Create a friendship bracelet or craft for a friend



- ☐ Plan a fun activity or playdate with friends



- ☐ Discuss how to handle peer pressure



- ☐ Learn about personal boundaries and respect them



- ☐ Role-play giving and receiving apologies



- ☐ Make a list of ways to make friends feel special



- ☐ Practice problem-solving in a group



- ☐ Show appreciation for a friend's unique qualities



- ☐ Learn about different types of friendships



- ☐ Practice sharing and taking turns with friends



- ☐ Give encouragement to a friend facing a challenge



- ☐ Learn how to be a good listener in conversations



- ☐ Practice forgiveness when a friend makes a mistake



- ☐ Recognize when a friend needs space or alone time



- ☐ Reflect on your growth in relationship skills



RESPONSIBLE DECISION-MAKING



Make a pros and cons list before a decision



Discuss how choices affect you and others



Role-play making good choices in different situations



Create a goal chart to track responsible decisions



Reflect on a time you made a responsible choice



Practice thinking before you speak



Share a story about making a tough decision



Learn about consequences of different actions



Discuss ways to make group decisions fairly



Identify your values and how they guide decisions



Learn about a famous person's responsible choices



Practice seeking advice before making a decision



Brainstorm solutions to a problem with friends



Talk about making healthy choices with food and exercise



Create a poster about responsible decision-making



Discuss ways to be responsible with money



Learn how to prioritize tasks and manage time



Practice saying "no" to bad choices



Role-play handling peer pressure responsibly



Practice making decisions by playing a board game



Reflect on how you learn from your mistakes



Discuss ways to be environmentally responsible



Learn about being responsible online and with technology



Volunteer to make a decision for a group project



Practice being responsible with your belongings



Role-play asking for help when unsure



Discuss the importance of honesty in decision-making



Practice forgiveness when a friend makes a mistake



Create a "Decision Tree" for a difficult choice



Reflect on your growth in responsible decision-making



GRATITUDE



- ☐ Write a thank-you note to someone special



- ☐ Make a gratitude jar and add notes daily



- ☐ Share three things you're thankful for each day



- ☐ Create a gratitude collage with pictures and words



- ☐ Thank a teacher or coach for their help



- ☐ Practice saying "please" and "thank you" often



- ☐ Make a list of people who make your life better



- ☐ Discuss what gratitude means with your classmates



- ☐ Create a gratitude-themed bookmark



- ☐ Surprise a family member with a kind gesture



- ☐ Write a poem about being thankful



- ☐ Thank someone for a job well done



- ☐ Share a story about a time you felt grateful



- ☐ Help a neighbor or friend as a way to show gratitude



- ☐ Create a gratitude calendar to track daily thanks



- ☐ Practice appreciating small things in life



- ☐ Give compliments to your friends and family



- ☐ Make a poster about gratitude and display it



- ☐ Learn about how different cultures express gratitude



- ☐ Plan a gratitude-themed party or event



- ☐ Share a meal with someone you're thankful for



- ☐ Create a gratitude rock to remind you to be thankful



- ☐ Discuss how gratitude can make you happier



- ☐ Write a letter to your future self about gratitude



- ☐ Make a gratitude tree with leaves of thanks



- ☐ Share ways to show gratitude at school



- ☐ Teach a younger sibling about gratitude



- ☐ Practice gratitude meditation or mindfulness



- ☐ Create a gratitude-themed piece of art



- ☐ Reflect on your growth in practicing gratitude



EMPATHY



☐ Role-play understanding others' feelings



☐ Make a list of ways to show empathy



☐ Offer a hug or kind words to someone sad



☐ Learn about a friend's likes and dislikes



☐ Discuss empathy with your classmates



☐ Create a comic strip about showing empathy



☐ Write a story from someone else's perspective



☐ Practice putting yourself in others' shoes



☐ Make a poster about empathy and kindness



☐ Learn about empathy in different cultures



☐ Share a time you felt empathy for someone



☐ Help someone struggling with schoolwork



☐ Listen to a friend's problems without judgment



☐ Make an empathy jar with kind actions to try



☐ Practice using empathetic language in conversations



☐ Create empathy-themed artwork



☐ Learn about people who overcame challenges



☐ Write a poem about understanding others



☐ Offer support to a friend facing a tough time



☐ Watch a movie and discuss characters' emotions



☐ Practice active listening in conversations



☐ Volunteer to help others in need



☐ Learn about different types of emotions



☐ Discuss how empathy can build stronger friendships



☐ Make a list of people you can show empathy to



☐ Brainstorm ways to create an empathetic community



☐ Teach a younger sibling about empathy



☐ Learn about famous people who showed empathy



☐ Create an empathy-themed bookmark



☐ Reflect on your growth in practicing empathy



MINDFULNESS



Practice deep breathing exercises



Take a mindful nature walk



Listen to calming music or sounds



Create a relaxing mindfulness corner



Draw or paint your feelings in colors



Write a journal entry about your day



Practice being present in the moment



Try a guided mindfulness meditation



Discuss mindfulness with your classmates



Create a mindfulness-themed craft



Make a sensory bottle or calm-down jar



Stretch or do yoga for relaxation



Reflect on happy memories or moments



Share a time when you felt calm and peaceful



Try progressive muscle relaxation



Create a vision board for a peaceful life



Make a list of calming activities to try



Learn about mindfulness in different cultures



Practice mindful eating during a meal



Write a poem about mindfulness or calmness



Observe your thoughts without judgment



Create a mindfulness jar with helpful reminders



Listen to a friend's story with full attention



Use a calming app or website for mindfulness



Try a grounding technique for stress relief



Make a mindful breathing wand



Discuss how mindfulness can improve focus



Teach a younger sibling about mindfulness



Set aside daily quiet time for mindfulness



Reflect on your growth in practicing mindfulness



POSITIVE THINKING



☐ Create a "happy thoughts" jar



☐ Write a positive affirmation for yourself



☐ Share a positive story with a friend



☐ Make a list of things you're good at



☐ Celebrate your achievements with others



☐ Discuss positive thinking with classmates



☐ Draw or paint your favorite positive word



☐ Write a letter to a friend with encouraging words



☐ Learn about famous people who stayed positive



☐ Create a positivity vision board



☐ Focus on the good things in your day



☐ Set a positive goal for the week



☐ Practice giving compliments to others



☐ Make a list of things that make you happy



☐ Create a positive-thinking poster



☐ Write a poem about happiness or hope



☐ Start a gratitude practice for positivity



☐ Share a positive quote with your family



☐ Create a playlist of uplifting songs



☐ Practice turning negative thoughts into positive ones



☐ Make a list of positive role models



☐ Learn about the power of positive thinking



☐ Teach a younger sibling about positivity



☐ Perform random acts of kindness



☐ Discuss how positive thinking can help you grow



☐ Create a positive affirmation wall



☐ Watch a movie with a positive message



☐ Practice positive self-talk in the mirror



☐ Make a list of ways to stay positive



☐ Reflect on your growth in positive thinking



SELF-COMPASSION



☐ Write a kind letter to yourself



☐ Create a self-compassion jar with uplifting notes



☐ Share a story of being kind to yourself



☐ Draw a picture of yourself as a superhero



☐ Discuss self-compassion with classmates



☐ Make a list of things you love about yourself



☐ Practice saying kind things to yourself



☐ Write a self-compassion-themed poem



☐ Create a self-care routine for tough days



☐ Learn about famous people who practiced self-compassion



☐ Make a self-compassion vision board



☐ Share a time you were proud of yourself



☐ Celebrate your progress in learning or growing



☐ Set realistic and achievable goals for yourself



☐ Create a self-compassion poster



☐ Treat yourself with a small reward



☐ Practice deep breathing when feeling overwhelmed



☐ Make a list of activities that bring you joy



☐ Learn about the importance of self-compassion



☐ Teach a younger sibling about self-compassion



☐ Share ways to practice self-compassion with friends



☐ Watch a movie with a self-compassion message



☐ Create a self-compassion-themed craft



☐ Reflect on times you overcame challenges



☐ Write a journal entry about self-compassion



☐ Practice speaking kindly to yourself in the mirror



☐ Discuss how self-compassion helps with resilience



☐ Create a self-compassion affirmation wall



☐ Make a list of ways to be kind to yourself



☐ Reflect on your growth in self-compassion



GROWTH MINDSET



☐ Create a "brain power" collage



☐ Write a story about overcoming obstacles



☐ Make a timeline of your learning journey



☐ Share a helpful learning tip with a friend



☐ Learn about how the brain grows



☐ Discuss the importance of effort with classmates



☐ Create a "challenge accepted" badge



☐ Make a list of inspirational growth mindset quotes



☐ Design a superhero with a growth mindset



☐ Draw a comic strip about learning from mistakes



☐ Share how you've turned a setback into a win



☐ Try a new hobby or skill for the first time



☐ Research famous inventors' growth mindset stories



☐ Make a step-by-step plan for a big goal



☐ Create a growth mindset chant or cheer



☐ Learn about the power of "yet"



☐ Share a time when you kept trying, even if it was hard



☐ Practice perseverance in difficult tasks



☐ Create a poster of your favorite growth mindset quote



☐ Write a song about embracing challenges



☐ Discuss the difference between fixed and growth mindsets



☐ Make a list of ways to stay motivated



☐ Create a "growth mindset" superhero mask



☐ Write a letter of encouragement to a friend



☐ Practice asking for help when needed



☐ Learn about different learning styles



☐ Make a growth mindset-themed bookmark



☐ Share a time when you inspired someone to keep trying



☐ Create a growth mindset board game



☐ Reflect on how you've embraced a growth mindset



GOAL SETTING

☐

Draw a goal-setting tree

☐

Write a goal in the form of a newspaper headline

☐

Create a goal-themed treasure map

☐

Discuss long-term and short-term goals with classmates

☐

Make a goal-setting bracelet or necklace

☐

Share a goal you've reached and how it felt

☐

Create a goal-setting superhero story

☐

Write a goal-setting poem or song

☐

Learn about famous people's goal-setting journeys

☐

Make a goal-themed puzzle

☐

Create a vision board for your goals

☐

Share a goal-setting tip with a friend

☐

Practice breaking big goals into smaller steps

☐

Create a growth mindset chant or cheer

☐

Design a goal-setting poster

☐

Reflect on goals you've achieved in the past

☐

Create a goal-setting board game

☐

Discuss the importance of setting realistic goals

☐

Make a list of goals for the school year

☐

Learn about the SMART goal-setting technique

☐

Teach a younger sibling about goal setting

☐

Share your goal-setting journey with friends

☐

Watch a movie about achieving goals

☐

Create a goal-setting themed craft

☐

Write a journal entry about your goals

☐

Practice visualizing your goals coming true

☐

Discuss how goal setting helps in life

☐

Create a goal-setting affirmation wall

☐

Make a list of ways to stay focused on your goals

☐

Reflect on your growth in goal setting