



30 DAYS OF PRE-SCHOOL SEL



1 Help tidy up your toys

2 Speak to a friend/family member on the phone to cheer them up

3 Compliment a family member

4 Make a picture with help to post to an elderly neighbour

5 Teach someone in your household how to do Turtle

6 See how many feelings you and your family can make with your faces



7 With help, make a thank you card for your nursery

8 Give someone a big hug to make them feel happy

9 Ask an adult to help make a picture of one of the puppets

10 Teach your family the Circle Time Rules

11 Help your family with some simple chores

12 If you feel sad, scared, angry or excited today - Do Turtle!



13 Play a simple board game with someone

14 Practice breathing in through your nose and out through your mouth

15 Re-tell the Twiggie Learns to Do Turtle story with toys

16 Look out for a character on TV who needs to do Turtle

17 Do something that makes you feel happy

18 Draw a picture for a family member or friend



19 Help a family member do Turtle today

20 Do something kind for someone in your house

21 With help, make some Turtle shaped food/snacks

22 Share a story with an adult and look out for different feelings faces

23 With help draw or paint a face of someone who feels happy or sad.

24 Play an electronic SEL game. Eg. Breathe, Think, Do - Sesame Street



25 With an adult, talk about how you are feeling

26 With an adult, look for OK and not OK choices on TV

27 With help, use dried pasta to make different feelings faces

28 Play! Use your imagination and play with an adult/sibling

29 With help, create your own puppet and put on a puppet show!

30 Play 'Simon Says' to help develop listening skills

