



SUMMER SEL CALENDAR

How to Use This Calendar:

Use this calendar to strengthen SEL skills over the summer in your community. Each group of ideas is organized to strengthen your family's 5 SEL Competencies. Try completing a discussion or activity for each competency.

Self Awareness	Relationship Skills	Social Awareness	Self-Management	Responsible Decision-Making
Visit your local library or bookstore. Find a book where the characters have similar interests to you.	Find a friend or family member to collaborate with and complete a puzzle.	Take time to complement or thank your family members for one of the ways they help you feel happy.	Plan a picnic with family or friends. Create a checklist of what food and supplies to pack.	Plan out a bike ride or walk with family and friends. Consider different exciting but safe places to visit.
Discuss: What is one new thing you want to learn or try this summer?	Discuss: What is one way you can model kindness to your friends?	Discuss: What is one way you can show compassion to others?	Discuss: What is one thing that could help you dedicate time to reading or listening to books each week?	Discuss: How can you model responsible decisions at the pool or park?
Create a feeling or gratitude journal to track your feelings or positive thoughts for the week.	Make someone else's day bright! Find a way to help with chores or help clean up a local community park.	Visit your local library or bookstore. Find a book where the characters have different perspectives than you.	Design a cool down spot in your house that helps you feel safe and comfortable if you experience a strong feeling.	Use your critical thinking skills to help you solve coding or STEM challenges- like designing your own patriotic flag design.
Discuss: What is one thing you love about yourself?	Discuss: Who can you send a positive card, text, or letter to let them know you value them?	Donate your time by volunteering to help or collect resources for a local organization.	Discuss: How can you start your day off in a successful way with healthy choices?	Discuss: What self-talk helps remind us to make responsible decisions?