

A Week Long SEL-EBRATION



Monday

Self-Awareness & Self-Management

Ask youth to write down three goals they would like to accomplish this week and how they will accomplish them.

Self Awareness is the ability to develop a healthy sense of who you are, recognize your strengths and limitations with a well-grounded sense of confidence and purpose, and better understand your thoughts and feelings.

Self Management is the ability to effectively manage stress, work through your thoughts and feelings, and initiate self-motivation to set and achieve goals.

Tuesday

Social Awareness

Ask youth to choose one person to write a special note of kindness to. Include in the note "why" they appreciate the other person.

Social Awareness is the ability to better understand different views and have empathy for others.

Wednesday

Relationship Skills

Partner youth up and provide questions they should ask to learn about one another.

Relationship Skills are the ability to communicate clearly, connect with others, and resolve conflict in a constructive way.

Thursday

Responsible Decision-Making

Participate in an activity to better your community or program (ex- donate food, supplies, pick up trash, recycle, etc.).

Responsible Decision-Making is the ability to make caring and constructive choices, analyze your actions and how they can impact yourself and others, and find solutions.

Friday

#SELDAY

Have youth answer one of the prompts below and share with each other.

Share their response on social media using the hashtag **#SELDAY** and **@selpbcc**, **@primetimepbcc**:

#SEL is important in afterschool because ____

In honor of #SELday today, I'm working on my ____ [SEL skills]

Today is National SEL Day: This week we learned about the five SEL skills that will help us lead fulfilling lives and be successful in and out of school and our future careers.

