

Activity and SEL Calendar

The calendar below is a simplified calendar that families or individuals can use to individualize and simplify activity and community that relates to our standards.

Physical Education Teachers

Please feel free to add any examples that are consistent with the lessons and strategies in your classrooms.

Connect it to what the students already know

Align it to their strengths and abilities.

Families or Individuals

This is a great opportunity to sit down with your family to plan and reflect on being healthy, active and working on your social emotional connections.

2 ways to facilitate this chart- you can plan ahead what you are going to do or check it off in response

Each day check off an area when you complete it

Check the box when you complete a day's action
Being intentional is important, make the time to be healthy and active

	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness					
Nutrition					
Calming					
Social					
Fun					

Fitness examples

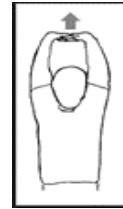
Add your own



Walk/Roll



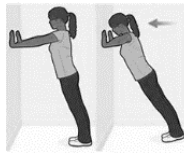
Bike



Stretching



Yoga



Push ups



Stairs



Sports



Dance

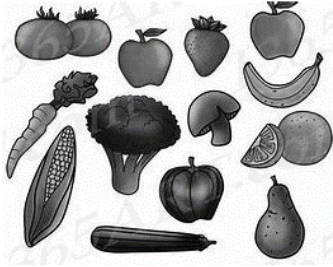
You pick

Nutrition examples

Add your own



Drink Water/Hydrate



Eat fruit/veggies

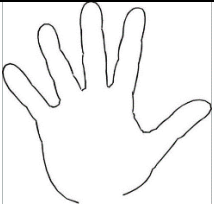
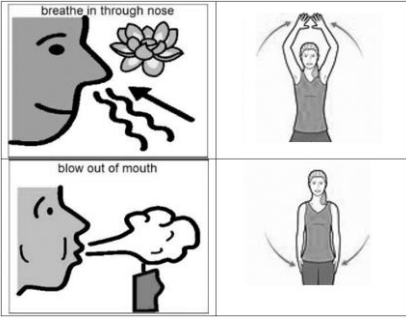



What else



Home cooked meal


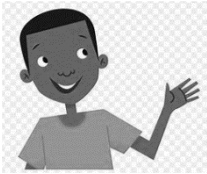
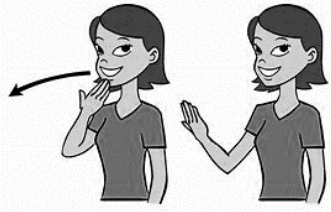


Calming examples

Add your own

 <p>5 Finger Breathing Trace your fingers as you breathe</p>	 <p>3 deep breaths</p>	 <p>Dots and Squeezes</p>
 <p>Quiet Space/Listen to music</p>	 <p>Draw</p>	


Social examples

Add your own

 <p>Do something nice for someone in your family</p>	 <p>Greetings Wave HI on a walk or to another person</p>	 <p>Say thank you</p>
 <p>Help with something around the house or someone</p>	 <p>Play</p>	<p>What else</p>

FUN examples

Add your own

example came from....










Exceptional Educational Solutions



17 mins · 🌐

We're all under a lot of stress these days. I saw this chart for positive parent behavior and needed to share! As a parent who always uses charts... See More

Parent's Chart		M	T	W	TH	F	S	S
Hugged my kid for no reason 								
Helped my kid clean their room 								
Took a calming breath before talking 								
Played a board game with my kid and had fun 								
Apologized when I got upset 								
Showed GRACE to my kid when they got upset 								
Did something silly, just to make my kid laugh 								



1



Like



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