12 Home Activities that Build Social Emotional Skills

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Pathway 2 SUCCESS

Play board games and sports



Go on a mindful walk outside



Write in a journal or diary





Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge

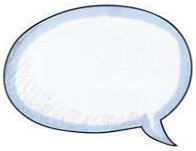


Organize an area of the house together





Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"

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