



# 30 DAYS OF SEL



**1** Give a compliment to a family member

**2** Call a friend to ask how they are feeling

**3** Say thank you to someone who helps you

**4** Ask what makes someone else happy

**5** Share what makes you feel sad with someone you trust

**6** Write a compliment card for a friend/family member



**7** Practice taking 5 deep breaths to calm down

**8** Write down 3 things that make you feel angry

**9** Read a book. Discuss how the characters feel?

**10** Make a plan to improve at a skill you are learning

**11** Draw a place where you feel calm

**12** Set 3 personal goals for next year



**13** Take turns and follow the rules playing 'I Spy'

**14** Give yourself 3 compliments in the mirror

**15** Help a family member to tidy up

**16** Make a check in chart to show how you are feeling

**17** Tell someone you love them

**18** Make/Draw your own worry monster



**19** Share a snack with someone you care about

**20** Share your favourite joke with someone

**21** Draw or paint something that you love

**22** Think of someone you admire who has faced an obstacle

**23** Think of 3 OK ways to respond to someone calling you names

**24**  Try star breathing



**25** Think of a time you overcame a problem

**26** Draw a time you had a comfortable surprise

**27** Plan 3 ways to 'Treat Others The Way You Want To Be Treated'

**28** Make a collage of your favourite things

**29** Play 'Guess The Feeling' with role play or stories

**30** Make a 'Proud Cloud' of something you've achieved

