

# FEBRUARY SEL

Low prep activities for Valentine's Day & beyond



Helping Hand

Clean up my desk area  
Help a younger student  
Give my classmate a  
compliment.



I saw how you  
helped Jackie with  
writing today!

Nice job!



Helping Hand



Helping Hand

# What's Included

- 1 Heart Puzzle**  
explore who supports you.
- 2 Strategy Bookmark**  
find one or two strategies you can use.
- 3 Helping Hands**  
brainstorm and acknowledge helpful acts
- 4 Heart Chats**  
Fun questions to get students talking.
- 5 Broken Heart Repair**  
Familiar scenarios where students have to problem solve and fix hurtful actions.



# My Heart Puzzle

## My Heart Puzzle

Support systems are the people, places, and things we have in our lives that encourage us to help us. With them, we can handle challenges and grow. In this activity, you will take a puzzle apart and think about the supports you have in your life. The next time, you are faced with a challenge, remember that there is help waiting if you need it.

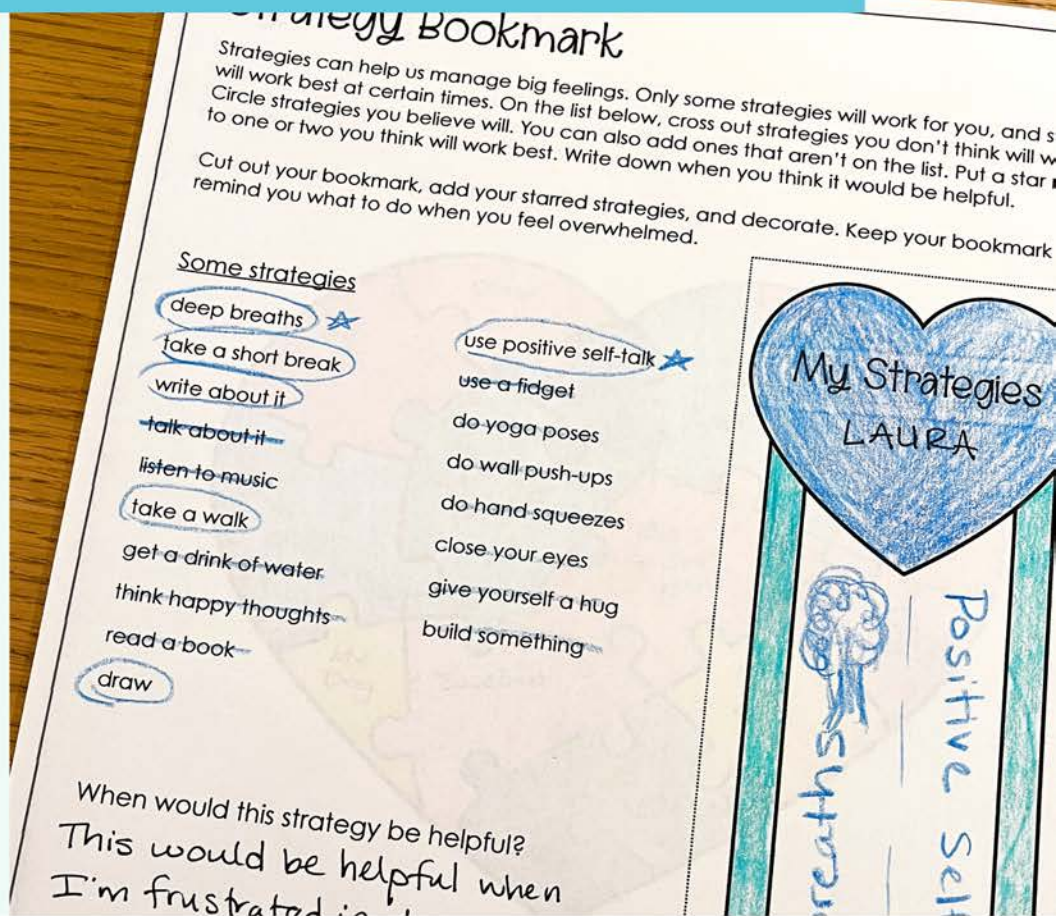
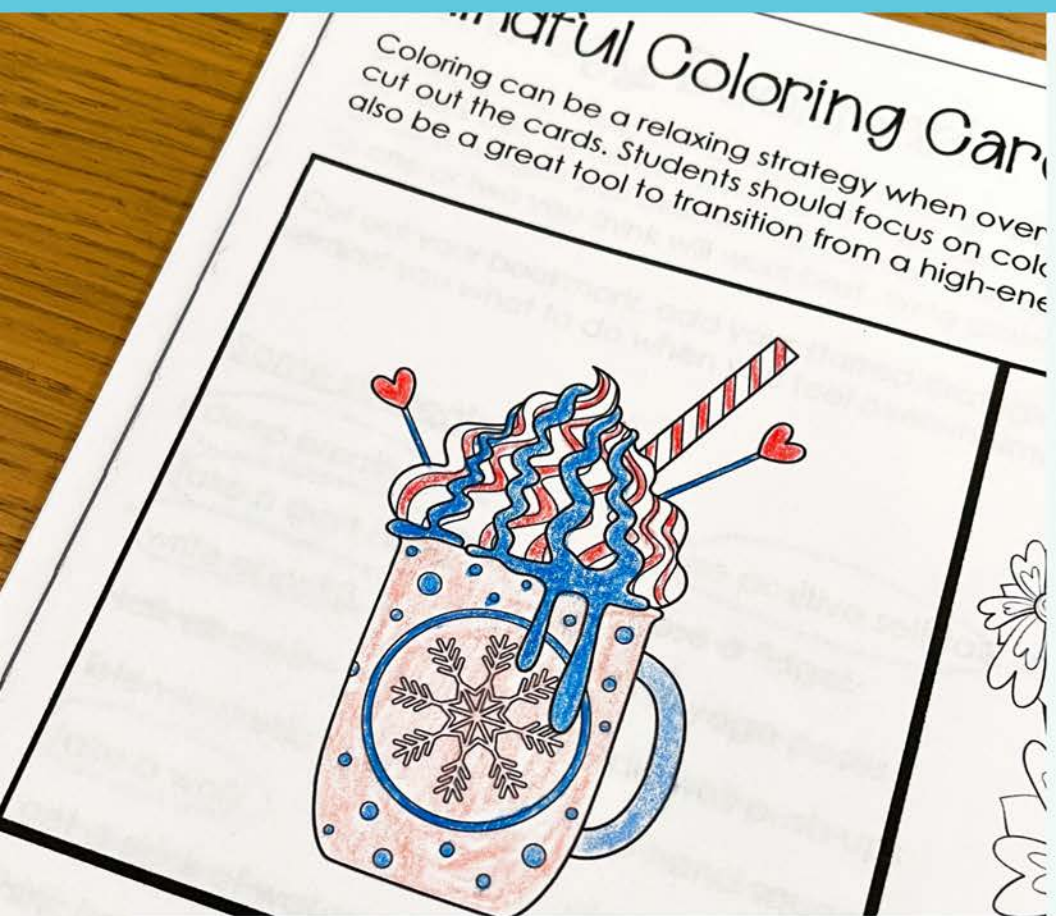
In each puzzle piece, write down someone, someplace, or something that supports you.



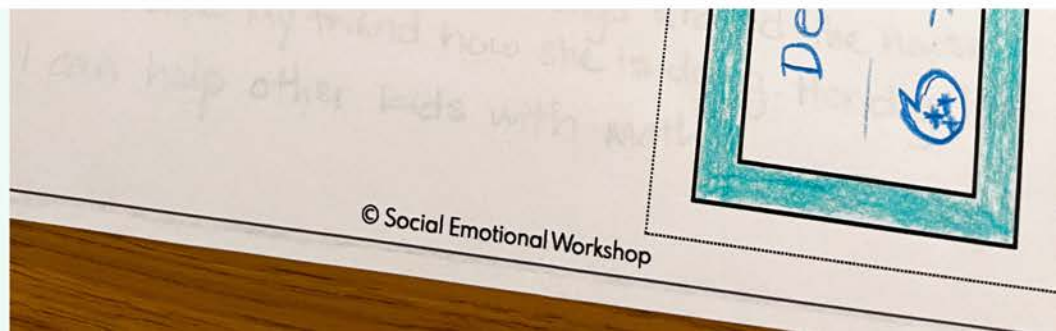
students explore who is in their support system



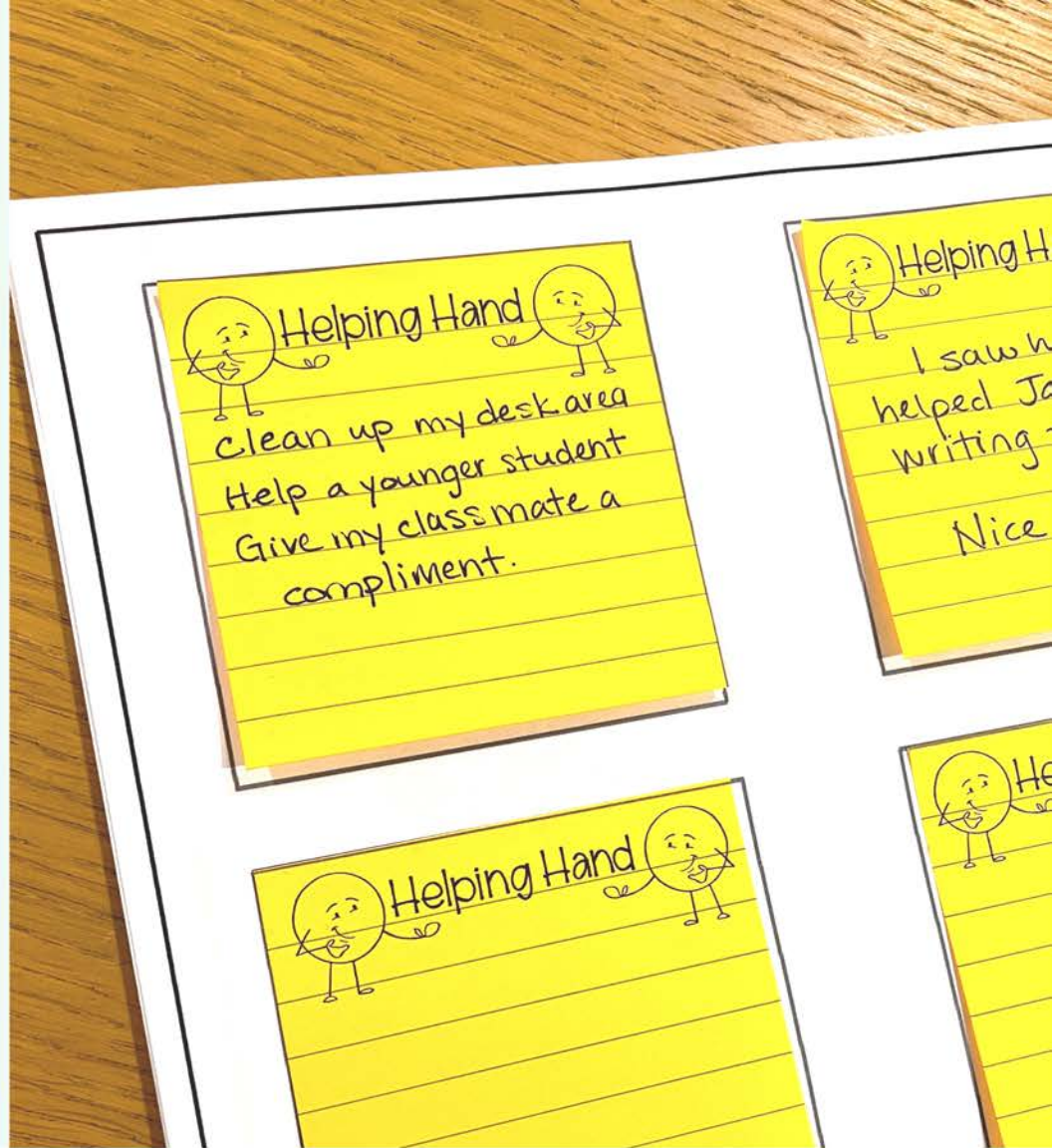
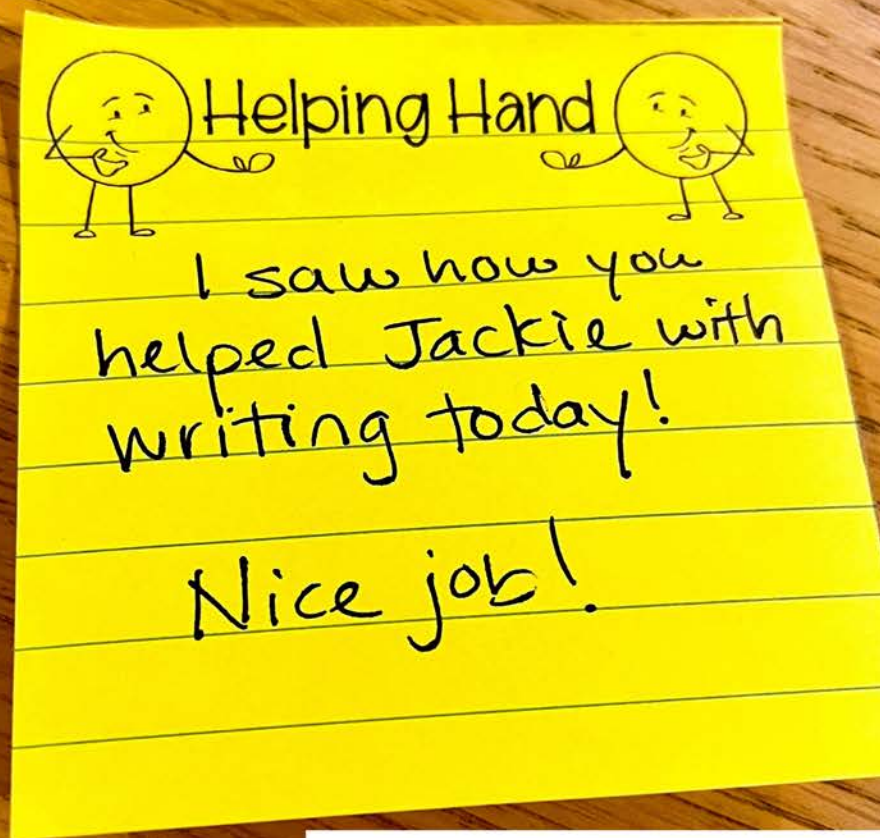
# Strategy Bookmark & Coloring Notes



identify the strategies that work for them



# Helping Hands



Talk about helpful things we can do and acknowledge them when you see them.



# Heart Chats

Fun get to know you questions  
to get students talking

Heart Chats

If you had three wishes,  
what would you wish for?



Heart Chats

How old were you when  
you lost your first tooth?

Heart Chats

Would you rather be 2 feet  
tall or 15 feet tall?

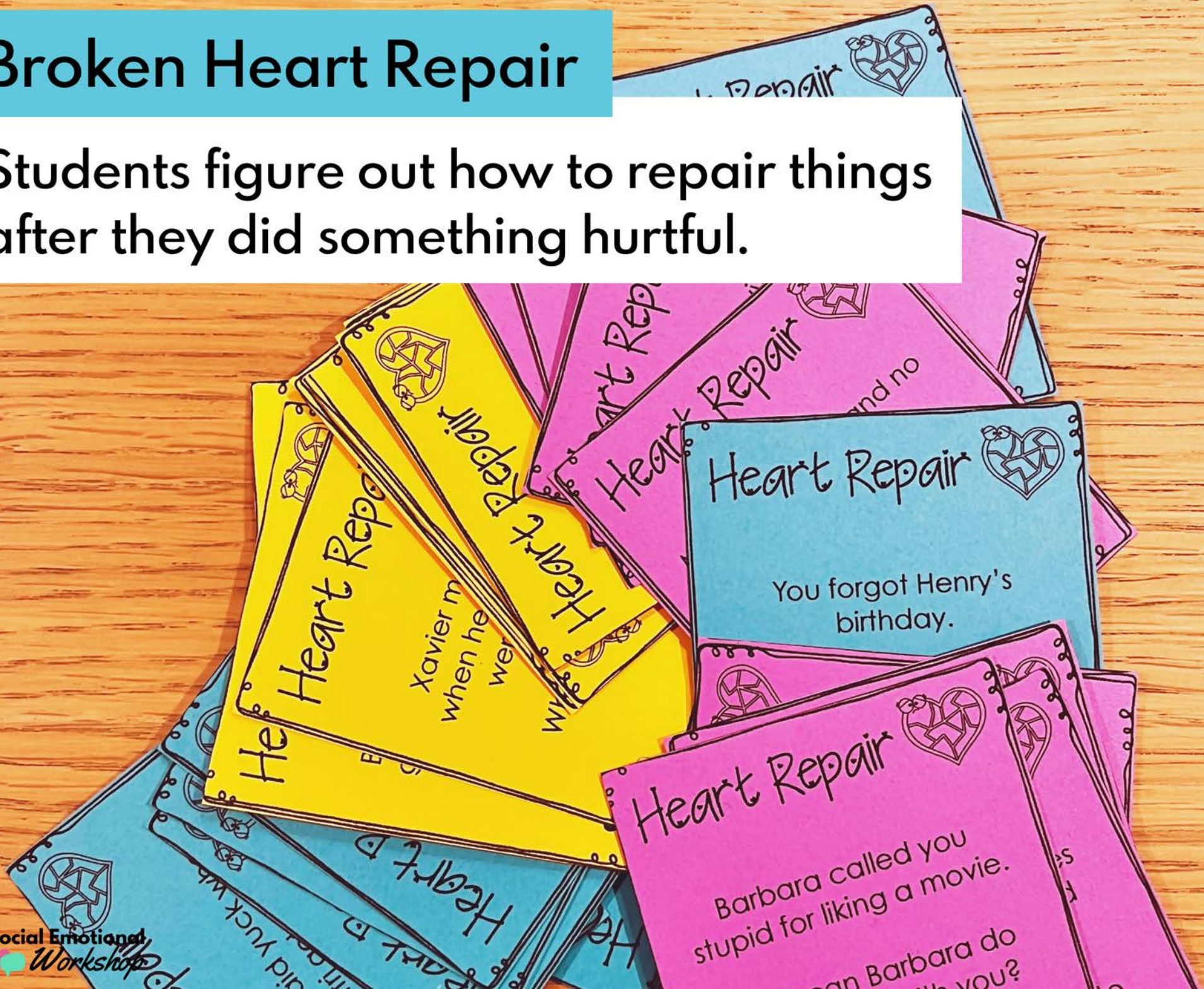


Heart Chats

What is your favorite  
color?

# Broken Heart Repair

Students figure out how to repair things after they did something hurtful.



# THE DETAILS



Grades 2-5



Low Prep



Use All Year



5 Activities

## Mindful Coloring Cards

Coloring can be a relaxing strategy when overwhelmed or frustrated. Copy this page, and cut out the cards. Students should focus on coloring slowly and clearing their minds. This can also be a great tool to transition from a high-energy activity as a class.





YOU MIGHT LIKE

# KINDNESS

activities



Kindness Activities

# SELF REGULATION

CLASSROOM TOOLS



FOR THE CLASSROOM

Self Regulation Tools