

Nyack Elementary Guidance
SOCIAL EMOTIONAL TASK LIST
Choose 1 task per day!

SET A GOAL THAT YOU WANT TO ACCOMPLISH TODAY.
KEEP TRACK OF IT ALL DAY, AND CELEBRATE WHEN
YOU REACH IT!

SELF MANAGEMENT

TALK WITH SOMEONE AT HOME ABOUT A STRATEGY
YOU CAN USE TO DEAL WITH ANGRY FEELINGS.
PRACTICE IT TOGETHER!

SELF MANAGEMENT

AS YOU READ A BOOK TOGETHER, PREDICT SOME
CONSEQUENCES OF A CHARACTER'S ACTIONS OR
CHOICES.

RESPONSIBLE DECISION-MAKING

MAKE A LIST OF YOUR RESPONSIBILITIES FOR TODAY.
CHECK THEM OFF AS YOU COMPLETE THEM!

RESPONSIBLE DECISION-MAKING

AS YOU WATCH A MOVIE OR SHOW TOGETHER, TALK
ABOUT HOW ONE OF THE CHARACTER IS FEELING.
WHAT WOULD IT BE LIKE TO BE IN THEIR POSITION?

SOCIAL AWARENESS

MAKE A LIST OF 3 WAYS YOU CAN CONNECT WITH
FRIENDS AND FAMILY EVEN WHEN YOU AREN'T
SEEING THEM IN PERSON!

RELATIONSHIP SKILLS

TELL SOMEONE AT HOME ABOUT SOMETHING YOU'RE
REALLY GOOD AT DOING. THEN, TELL THEM ABOUT
SOMETHING YOU WANT TO GET BETTER AT DOING.

SELF AWARENESS

WITH SOMEONE AT HOME, TALK ABOUT 2 WAYS YOU
CAN BE A RESPONSIBLE COMMUNITY MEMBER.

RESPONSIBLE DECISION-MAKING

AS YOU READ A BOOK TOGETHER, TELL A FAMILY
MEMBER HOW YOU THINK ONE OF THE CHARACTERS
IS FEELING. THEN, SHARE A TIME WHEN YOU FELT
THAT WAY TOO.

SELF AWARENESS

