

**INSTRUCTIONS: Each day, choose one SOCIAL/EMOTIONAL activity to complete. You could take a photo or record your work and upload to MS Teams**

Draw a picture of you doing something kind.	Write a story together as a family.	Tell a parent why you love him or her.	Help set the table for dinner each night	Make a card to send to a friend.	Draw and illustrate your family tree.
Cook a yummy treat with an older family member.	List down the things that you are grateful for today.	Create a family portrait.	Think of a way to cheer someone up that is having a bad day.	As a family, gather some unused household items that you can donate to charity.	Play a board game with a sibling.
Tell someone a funny joke. Make up some jokes of your own.	Ask your parent/carer to teach you a game that they played as a child	Write a letter to your teacher. Share with them how learning from home is going and what you have been doing	Draw a picture of yourself asleep and annotate with the important reasons of a good nights sleep.	Surprise your Mum or Dad and do a job or a chore for them that they normally would do. Do this without them knowing	Write a letter to a classmate/school friend. Share with them how learning from home is going and what you have been doing