

WINTER BREAK

SEL CHALLENGE



Welcome to the Winter Break SEL Challenge! This is a fun way to practice your social and emotional skills.

There are many ways to complete the challenge! You can complete activities straight across, diagonally, or complete every task for a “blackout.” Complete as many activities as you can, and get help from your teacher or family members as needed.

Winter SEL Challenge		
Explore World Holiday Traditions	Do Community Service	Growth Mindset Visualization
X	X	X
Explore Family Traditions	Set a Goal for Winter Break	Practice Kindness

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Practice Deep Breathing	X	Take a Break From Social Media
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WINTER BREAK SEL CHALLENGE

Explore World Holiday Traditions

Learning about different winter or holiday traditions can be a great way to build cultural and social awareness.

Try:

- Reading a book about how different cultures celebrate diverse holidays and traditions (Try seeking out one of [these books](#) at the library).
- Asking a family friend, a neighbor, or a teacher to share how they celebrate winter holidays, and then write about it.

Do Community Service

Helping the community is a terrific way to develop social awareness and empathy for others.

You could:

- Make a card for folks living in a retirement community.
- Bake a treat or make a card for a neighbor.
- Pick up trash around a local park.
- Donate food or time to a food bank or homeless shelter.

**Be safe during community service activities. Always complete these with the help of an adult.*

Growth Mindset Visualization

Having a growth mindset means you believe people can improve themselves through hard work.

For this activity, sit quietly for 5-10 minutes and repeat one or more of the phrases below to yourself or out loud.

- "I won't give up, even if the work is difficult."
- "I will learn from my mistakes."
- "I can do anything if I work hard and believe in myself."
- "If it's too easy, I am not learning."
- "The more I use my brain, the smarter I will get."
- "I will try my best."

Practice Deep Breathing

Deep breathing exercises can help you achieve mindful awareness and can have a tremendous impact on your ability to de-stress.

Sit quietly for 10-15 minutes. Focus on your breathing and try to clear your mind. See how many times a week you can do these. You can even set a challenge for yourself to increase the amount of time you meditate or how many days a week you do the activity.

Seasons Greetings

Buone Feste! This is how you say "Happy Holidays!" in Italian.

Learn how to say season's greetings in Italian and [15 other languages](#) to increase your cultural awareness and spread good tidings to all.

Take a Break From Social Media

Research shows that spending too much time on social media can increase feelings of stress, anxiety, and depression.

Take a social media break during winter break! Start with an hour each day and build up to a full day or more.

Explore Family Traditions

Different families have different traditions. A great way to increase self-awareness is to examine your family's traditions and what they mean.

Pick a special object, a book, a family photo, a song, or a religious object that symbolizes how your family celebrates a holiday. Write about your item and your family's traditions.

**If you don't celebrate holidays during the winter months you can write about any holiday or special event your family celebrates throughout the year.*

Set a Goal for Winter Break

The most successful people — including musicians, actors, and athletes — rely on goal-setting to get what they want.

Practice goal-setting by setting a small, achievable goal for yourself that you can complete over winter break, like:

- I will exercise 3 times a week for 30 minutes.
- I will spend at least 15 minutes reading every day.
- I will write down what job I want to do after high school and how I am going to get there.

After you choose your goal, create a plan for achieving it. Ask friends or family members to help you stay on task.

Practice Kindness

The Golden Rule is to treat others how you want to be treated. Going out of your way to be kind to someone can go a long way in brightening their day.

For this activity, do something nice for a sibling, parent, caregiver, neighbor, or friend. You could:

- Write them a nice note or draw them a picture.
- Give them a special compliment.
- Help them complete a chore.
- Tell them why they matter to you.