

Small activities. Useful conversations.

Free SEL Activity Pack

Three black-and-white sample activities for ages 4-8, with adult support.

CHOOSE ONE PAGE TO TRY

1

Check In Together (PDF page 2)

Notice a clue, feeling, or question and explore a possible support with a grown-up.

2

Two Ideas, One Problem (PDF page 3)

Help two builders explore different plans for one shared box of blocks.

3

A Pocketful of Useful Words (PDF page 4)

Practice words for offering care, giving thanks, and expressing a boundary or need.

KEEP IT SIMPLE

Read the directions and adult note together. Model one example, then let the child talk, point, sign, draw, write, or use a communication device. An adult can record their ideas. A pretend example or a pause is welcome.

Print only what you need. Use US Letter paper (8.5 x 11 inches), one-sided, at Actual Size / 100%. Activity pages are PDF pages 2-4. The original workbook page numbers are retained.

SEL means social-emotional learning. These pages invite practice and conversation; there is no required feeling or perfect response.

Check In Together

Choose one ordinary moment or a pretend story. You can check in when you feel okay, excited, or upset.



NOTICE

"I notice a clue, or I am not sure."



SHARE

"Can you help me?"



ADULT RESPONDS

"Let's find one support together."

A clue, feeling, or question

A possible support with an adult

For the grown-up: Offer words or pictures without deciding the child's experience. Help is available at any point; the model is not a required sequence. A child can point while an adult records.

Two Ideas, One Problem

Kai wants a tower. Zoe wants a road. They have one box of blocks. More than one plan could work.

Here are possibilities to explore.



Separate builds



A shared scene



Adult helps plan

One plan the builders could try

A different plan they could try

Point, tell, or draw. Check whether each person agrees.

For the grown-up: Both builders have a voice. They do not have to build together. Help check the materials, space, and support each plan needs; accept another workable idea.

A Pocketful of Useful Words

I can find words for care and for my own needs.

Caring words can offer help, give thanks, or set a boundary. Your needs matter, too.

Choose a message. Point, say, sign, or use your own words.



Would you like help?



Thank you for helping.



No, thank you.



I need some space.

Draw or tell a pretend time when your message could help.

For the grown-up: Introduce the pictures and their messages without quizzing. Model respecting a no and a request for space. Exact wording, a smile, and a particular tone are not required.

Keep learning together

Enjoyed an activity? Explore the matching black-and-white workbook for more examples, guided practice, and planning pages.

Kai & Zoe Learn to Calm Down Workbook

Sample activity: Check In Together (original workbook page 10).

Explore the full workbook

Kai & Zoe Learn to Solve Problems Workbook

Sample activity: Two Ideas, One Problem (original workbook page 18).

Explore the full workbook

How to Use Kind Words Workbook for Kids

Sample activity: A Pocketful of Useful Words (original workbook page 7).

Explore the full workbook

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