



POPEY @ Home & School

Provincial Outreach Program for the Early Years

Home & School Learning Menu

#9



Personal and Social Growth



Menu #9 is dedicated to the **Personal and Social Core Competency**.



As we head into June, the **POPEY** team felt it could be timely to share some of their favourite books and activities to support the personal and social well-being of kids.

These activities can be used at **home** or at **school**.

Educators: Embedded in the menu are links to potential black-line masters and self-assessment support documents

Additional Support:



All About Feelings

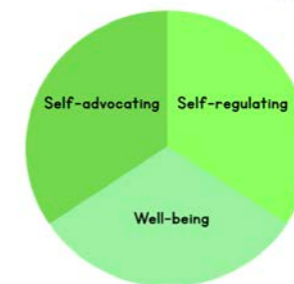
:read-alouds & activities to talk about feelings

:collection of activities from previous Home Learning Menus

Core Competencies

K-3 Student Reflection and Self-Assessment Support for:

Personal Awareness and Responsibility



K-3 Student Self Assessment Support Documents

[Personal Awareness & Responsibility](#)

[Positive Personal & Cultural Identity](#)

[Social Awareness & Responsibility](#)

Learning Menu

for Literacy #9

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Connection to the Land

Imagine a place in nature where you love to go (a park, a beach, a forest, etc.) Think about how you would make sure that place stays clean and enjoyable to use.

What rules would you create to make sure you can continue to enjoy that area?

Create a "Rules of this Place" poster. Share your poster with a family member, a friend, or your teacher.

[You can read and listen to the story - Lessons from Mother Earth](#) to hear about ways to protect the earth.

-pages to capture student reflection and self-assessment for this activity can be found [here](#)

Mindful Moment

Ever have a moment when you can't focus, you're wiggly, you're sad, you're grumpy, or you just don't feel...like you?

What do you do when you feel that way?

Brainstorm a range of feelings (you can use [this chart](#) to help), and work with a grown-up to come up with a list or strategies or activities to help you feel more like yourself.

[You can follow along with some Breathe Like a Bear mindful moments](#) to add to your list of strategies.

-pages to capture student reflection and self-assessment for this activity can be found [here](#)

Ripple Effect

Think of an act of kindness you have done - or could do - in your community (*recycling, composting, helping in a garden...*)

Think and talk with others about the 'ripple' effect your action has.

For example, because you picked up a can on the sidewalk, the person behind you didn't trip on it.

Write out what the possible ripple effect of your act of kindness could be.

See some ideas about ripple effects in a classroom [here](#)

[You can read and listen to the story What Matters](#) for an example of what the 'ripple effect' can look like

-blackline masters and pages to capture student reflection and self-assessment for this activity can be found [here](#)

It's Okay to Be Different

Did you know that everyone is different and special - and that's okay? In fact, it's more than okay, it's AWESOME!

Think about what makes you different - or unique. Think about: *your eyes, your nose, your hair, your hands...* different parts of your body that make you who you are.

Draw and colour yourself - using any colours you'd like - like the author and illustrator, [Todd Parr](#) does in his books.



You can also write about how you're different too!

[You can read and listen to the story It's Okay to be Different](#) to hear about all the awesome ways we're all different.

-blackline masters and pages to capture student reflection and self-assessment for this activity can be found [here](#)



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How Do You Belong?

Think about the different kinds of groups you belong to. (*your family, your class, your school, your hockey team...*)

Talk with a friend, a few friends, people at home or at school about how it feels to belong to those groups.

Then think about what it is like to feel left out.

Think about the difference between those two feelings, and how it feels better when we belong to a community.

Draw or take pictures of the people in the different groups you belong to.

[You can read and listen to the story - The Big Umbrella](#) to hear about a magical umbrella that opens wide so everyone can belong.

-a blackline master and pages to capture student reflection and self-assessment for this activity can be found [here](#)

Say Something!

What's a change you'd like to see in the world?
What's a message of hope you'd like to send to the world?
What good have you seen in the world that you'd like to share?

Think of how you'd like to use your voice and share what's in your heart.

Make a sign, poster, video, write in a journal, send a postcard...to share your message with others.

[You can read and listen to the book - Say Something!](#) - to hear ideas for how to share your voice.

More ideas about how to share your voice can be found [here](#)

-pages to capture student reflection and self-assessment for this activity can be found [here](#)

In Someone Else's Shoes

Part of building friendships is thinking about someone else - and how another person feels.

Sometimes grown-ups call this "walking in someone's shoes". It is a way to help us think about what it must be like to be another person.

Try on someone else's shoes who lives in your house. How does it feel? Does it help you to think about what it's like to be that person?
Talk about how it felt with the person whose shoes you wore.

[You can read and listen to the story We're All Friends Here](#) - to hear a story about 2 boys - who have very different perspectives.

More details about this activity, and others, can be found [here](#)

-pages to capture student reflection and self-assessment for this activity can be found [here](#)

You Be You

What are some things about you that make you who you are? What are you good at, interested in, excited about?

All of your special gifts and talents make you the only you there is!

You can trace your hand on a piece of paper.

Then, to write and draw about what makes you special, you can use some of these ideas:

- what do you like to do for fun?
- what is something you're really good at?
- what's something cool you've learned - not at school?
- what's your favourite part of school or home?
- what would you like to do when you grow up - what's a dream of yours?

[You can read and listen to the story - All the Ways To Be Smart](#) - to hear about many different people are smart - and how that helps you to be yourself.

-a blackline master pages to capture student reflection and self-assessment for this activity can be found [here](#)





POPEY's Social Emotional Learning overview

:to assist with Core Competencies connections



[layout 1](#)



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Additional Fun!

[Project Learning Tree](#)

:Canadian website for environmental education

[Story Time Video Library](#)

:read aloud stories to support social-emotional learning
scroll down to see video links

[Cosmic Kids Yoga](#)

:yoga and mindfulness fun

[EASE - Everyday Anxiety Strategies](#)

:from BC Ministry of Health

[17 App Ideas to Help Kids Stay Focused](#)

:Common Sense Media

[Outdoor Play Canada](#)

:variety of resources for outdoor play

[Go Noodle](#)

:movement & mindfulness activities

[Physical Education Health Canada](#)

:resources for physical education, healthy eating & emotional well-being

[YGym](#)

:YMCA virtual gym activities

[Meditation Apps for Kids](#)

:Common Sense Media

