FUA'MS ADVENTURE

Mini SEL Lesson Ideas

💬 Feel It. Name It.

- Talk about how different emotions feel in the body.
- Use feeling cards or emojis and ask students to pick one that matches their mood.
- Teach the phrase: "When I feel ___, I can ___."
- (Ex: When I feel nervous, I can take deep breaths.)

🫶 Walk in Their Shoes

- Show pictures or stories from children around the world.
- Ask: "What might life feel like in their shoes?"
- Let students write a short diary entry or draw a picture from another person's point of view.

🧩 Kindness Chain

- Every time a student does something kind, they add a paper link to the classroom kindness chain.
- Watch it grow! Celebrate reaching a goal (e.g., 25 links = kindness dance party).

🗺️ My Place in the World

- Have students draw themselves on a map of the world or in a globe.
- Ask: What makes you special? What do you want the world to know about you?
- Create a "We Are the World" wall with all the drawings.

📫 Contact Us

We'd love to showcase your students' voices!

Website: www.silliegoosse.com

TikTok: @fuamstalk

Instagram: @silliegoosse

Hashtag: #mantraforall