BLOOMILY

The SEL Activity Pack

Five activities for ages 3-5, one for each of the CASEL 5



What's inside

- **1. All About Me** Self-awareness
  Draw your own face, then circle how you feel today.
- **2. My Calm-Down Plan** Self-management
  Trace a breathing path, then draw three things that help.
- **3. Fair or Not Fair?** Social awareness
  Four everyday moments to judge, and to feel your way into.
- **4. The Kindness Flower** Relationship skills
  A coloring page: five ways to be a good friend.
- **5. What Happens Next?** Responsible decision-making
  A picture story with the ending left to the child.

How to use it

Print single-sided and hand out one sheet at a time - the pack is not a workbook to be finished. No writing is needed on any page: children draw, trace, circle and talk. Each sheet opens with one line for the grown-up to read aloud, and there is no right answer on any of them.

All About Me

SAY THIS

Draw your own face. Then show me how you are feeling right now.

This is me

draw here

My name

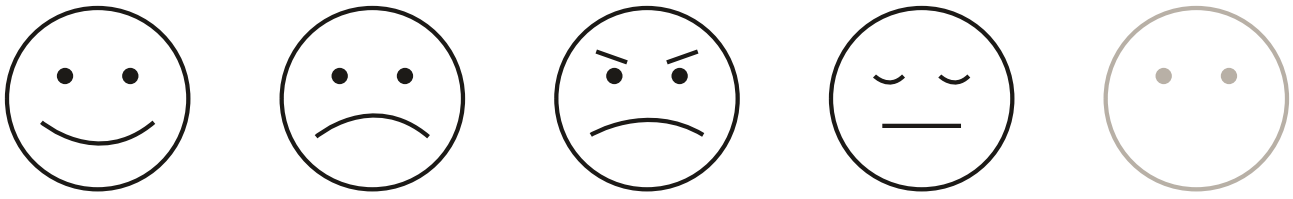
How old I am

Something I am good at

(draw it)

Today I feel

Circle the face that fits. You can circle more than one.



happy | sad | angry | calm | something else

FOR THE GROWN-UP

Naming a feeling is the whole skill here - the drawing is just the way in. If a child circles "something else", ask them to draw that mouth on the blank face and tell you its name. Do not correct the feeling they choose.

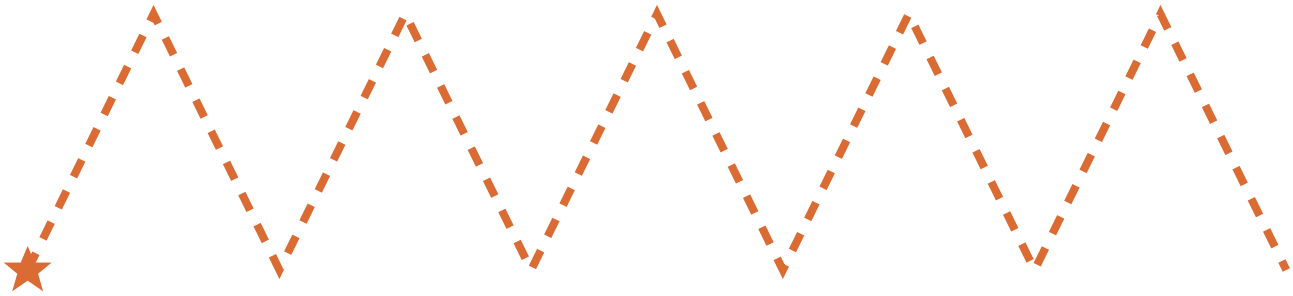
My Calm-Down Plan

SAY THIS

Put your finger at the star. Breathe in going up, breathe out going down.

Breathing trace

Going up is breathing in. Going down is breathing out.



start

five whole breaths

Three things that help me feel calm

Draw one in each box.

1

a person

2

a place

3

a thing to do

FOR THE GROWN-UP

Do the breathing trace together when the child is already calm, so the shape is familiar before it is needed. Keep the finished sheet somewhere they can reach it, and point to it rather than talking when a big feeling arrives.

Fair or Not Fair?

SAY THIS

Listen to what happens. Circle the face that shows how the other child feels.

1 One child takes all of the blocks.

How would they feel?



2 Two children share the crayons.

How would they feel?



3 A child is left out of the game.

How would they feel?



4 A child asks someone new to join in.

How would they feel?



Now you tell me

Which one was not fair? What could you do to make it fair again?

Draw it here

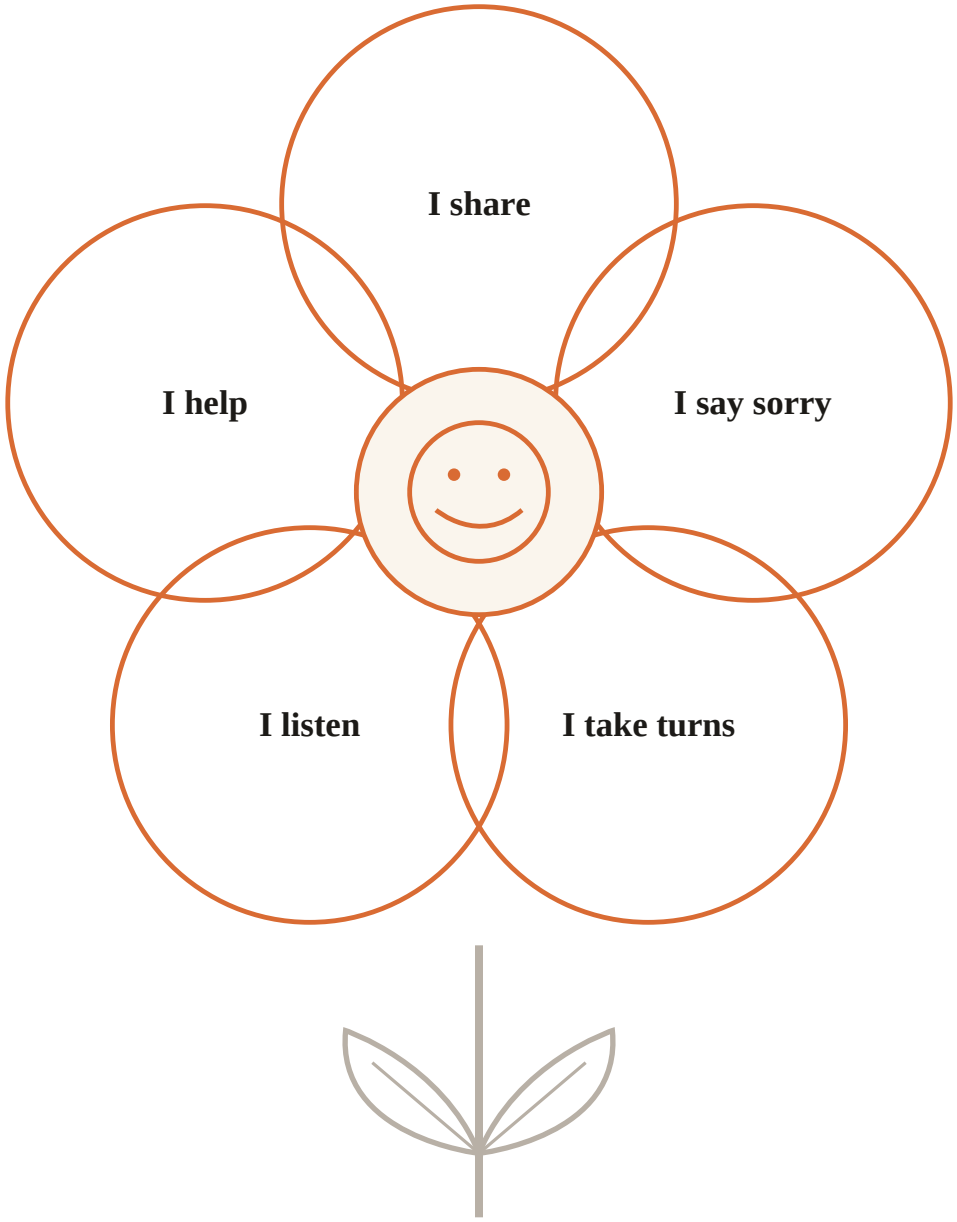
FOR THE GROWN-UP

The point is the second question, not the first. Three-year-olds read fairness by who ends up with what, so expect that - then ask how the other child feels, which is the part that has to be practiced rather than known.

The Kindness Flower

SAY THIS

Color a petal every time you do one of these. Read them with me first.



FOR THE GROWN-UP

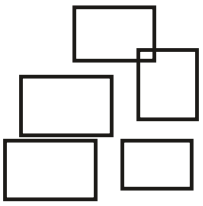
Leave this one on the wall for a week rather than finishing it in a sitting. Coloring a petal is the reward, so name the moment out loud when you see it - "you took a turn, that is a petal" - and let the child do the coloring.

What Happens Next?

SAY THIS

Here is the start of a story. You get to decide how it ends.

1



The tower falls down.

2



Sam feels upset.

3

draw here

What happens next?

Sam could... Circle every one that would help.

- Take a deep breath
- Ask for help
- Build it again
- Knock down someone else's

FOR THE GROWN-UP

Three of the four choices help, so there is no single right answer to find - talk about what each one would lead to instead. The unkind option is there on purpose: it is easier to reason about a bad choice on paper than in the moment.