

# Social Emotional Learning at Home

DAY 1

# EMOTIONS



[Click here to play Video](#)

## Think:

Which emotion are you feeling right now?

What can you do when you are feeling grumpy?

What can you do when you are feeling sad?

## Do:

Make a list of all of the things that make you happy.

# Activity:

Make a list of all the things that make you happy.

