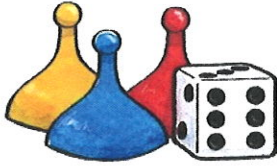


12 Home Activities that Build Social Emotional Skills

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Pathway
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



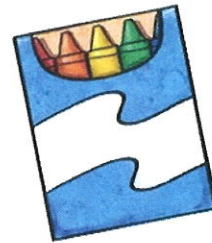
Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

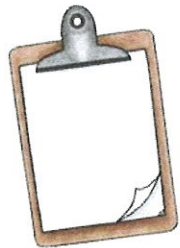
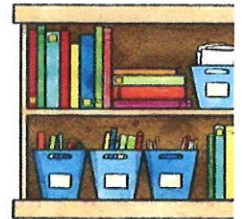
Talk about characters' feelings in a movie



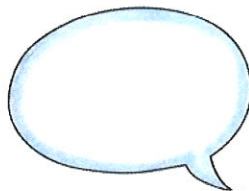
Start an acts of kindness challenge



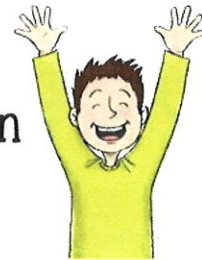
Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play game like "I Spy" and "Simon Says"