

You can infuse SEL teaching into any game or activity by using the following prompts with children. Prompts are organized by SEL skill and Words to Live By lessons.

 **SELF-AWARENESS****Love and accept who you are**

- What is a strength of yours that made this activity easy for you?
- What is a weakness of yours that made this activity difficult for you?
- What was a strength of your group during this activity?
- What group weakness should we work on as a whole next time?
- What strategy did your group use to utilize people's different strengths?
- What is something unique about your personality that stood out during this activity?
- Which personality traits of yours helped you or your group during this activity?
- Which personality trait of yours may have gotten in the way during this activity?
- What is something you'd like to work on if you did this activity again?
- Based on a strength you used during this activity, what is something else you'd be good at doing?

**Share your emotions**

- What were some emotions you felt before you started this activity? Why?
- What were some emotions you felt during the activity? Why?
- What were some emotions you felt after the activity? Why?
- Did your emotions change during the activity? If so, what were the different emotions felt?
- Share an emotion you felt during the activity. What did it look like?
- Identify an emotion you felt during the activity. How did you know it was that emotion?
- Can you name something that occurred during the activity that caused you to feel a particular emotion? Is this an emotion you feel every time something like this occurs?
- Raise your hand if you felt defeated at any point during the activity. What do you typically do when you feel this way?
- Raise your hand if you felt victorious at any point during the game. What do you typically do when you feel this way?
- Who can name a unique emotion they experienced during this activity and describe what that felt like?



## SELF-MANAGEMENT

### Understand that life is full of surprises and different feelings

- What is an emotion you felt during this activity that made it difficult for you to control yourself?
- What is an emotion you felt during this activity that made it easy to control yourself?
- What were some of the surprises that came up during this activity? How did those make you feel?
- What part of the activity made it difficult for you to control yourself?
- Can anyone identify an emotional trigger that occurred during this activity?
- What was something that frustrated you during this activity?
- What caused some of the different emotions you felt during this activity?
- What was something that worried you during this activity?
- Was there a rule in this activity that was hard for you to follow?
- How did it feel for you to compete in this activity? How does it feel to win or not win?

### Learn to control yourself

- What were some ways you were able to remain calm during this activity?
- Did anyone else in the group help you remain calm? If so, how did they help?
- What were some things that you had to say or think to yourself to stay calm during this activity?
- What were some ways you controlled what you said during this activity?
- What were some ways you reacted positively during the activity?
- What were some ways you reacted negatively during the activity?
- Have you done any activities similar to this one, where it was hard for you to remain in control?
- Were there any times you thought about breaking a rule of the activity? Did you? Why or why not?
- What was a positive result of you staying in control during this activity?
- What could have been a negative result of losing control during this activity?



## RESPONSIBLE DECISION-MAKING

### Make choices that are best for you

- Can you share an example of a step you needed to think about before you acted?
- Name some other choices you could have made during the activity.
- Did anyone change their initial choice after thinking through some potential consequences? Why?
- Now that you have completed this activity, what choice would you change if you could?
- Did anyone find themselves in a Yes MESS? If so, how could that mess have been avoided?
- Can you share an example of positive peer pressure that occurred during the activity?
- Can you share an example of negative peer pressure that occurred during the activity? Did you fall into it or avoid it?
- What were some ways you were able to avoid negative peer pressure? What choices did you make?
- Think of a time in the activity that you could have used positive peer pressure. Share an example of what you could have said?
- What were the consequences that could have occurred during this activity?

### What happens as a result of your choices is on you

- What agreements did you make with your group before the activity began?
- Show your ID for something good/positive you were responsible for during the activity.
- Show your ID for something that might have hurt the group during the activity.
- Does anyone want to make amends for something they feel bad about that happened during the activity?
- Were there any choices you made that led to the outcome of the activity?
- Where you able to uphold an agreement with yourself or your group during the activity?
- Were any agreements broken? If so, can you show your ID?
- Does anyone want to show their ID for blaming others during the activity instead of taking responsibility for yourself?
- If you started blaming others, what is one choice you made that you could take responsibility for?
- Was anyone proud of something they did during the activity that they would like to share?



## SOCIAL AWARENESS

### Others are unique and it's important to learn more about them

- Before we start, talk about your strategy as a group. Share an idea from someone else in the group.
- *If multiple groups, before the activity, switch leaders. After the activity ask:* What was it like having a different leader today?
- *Before the activity, mix up the groups. After the activity ask:* What was it like having a different group of students in this activity?
- What is something new you learned about someone else during this activity—an interest, strength, etc.?
- Did someone have a different opinion than you? If so, what was it?
- Does anyone have an idea for a different way to do this activity?
- Did anyone change their first idea after they heard or saw what someone else was doing?
- What were some different ideas that your group had for how to do this activity?
- Turn to your neighbor and ask them their favorite part of the activity. Who had different answers? What were they? Who had similar answers? What were they?
- Who can come up with a new rule to add to this activity for the next time?

### Step into the shoes of others

- What is an emotion someone else in the group might have felt during this activity? How could you tell?
- How do you think the other groups felt during the competition?
- What emotion did you think I felt during this activity? How could you tell?
- When you were the person who was "it" or guessing, what emotion do you think others were feeling?
- Who can share a positive emotion someone in the group might have felt and why? What was his/her tone of voice?
- Who can share a negative emotion someone in the group might have felt and what his/her facial expression looked like?
- Who can share a negative emotion someone in the group might have felt and what his/her voice sounded like?
- Did anyone use his/her surroundings to try and figure out how someone else felt? What was the clue from his/her surroundings that helped you guess that person's emotion?
- If you saw someone in your group upset, what would be the best thing to do to step into their shoes?



## RELATIONSHIP SKILLS

### Be a friend who supports and trusts others

- Were you given a compliment during the activity? How did it help you?
- Can anyone give a compliment to someone in the group for the activity we just completed?
- What is an example of a way that you were supportive towards others during the activity?
- Did anyone give you positive feedback while playing? If so, what did they say and how did that motivate you?
- Did anyone prove they could be trusted during this activity? How?
- Can you give some positive feedback about this activity?
- Who was someone who supported you? Please share and give them positive feedback.
- Who can congratulate another group or person based on the activity?
- What is a compliment someone could have given to help motivate you more during the activity?
- What were some ways you needed to show trust during the activity? Was it hard to be trusting? Why or why not?

### Working together by being kind, caring and listening to others

- How did you plan to use the strengths of the group during this activity in order to be successful?
- What did your group need to do to work together and be successful during this activity?
- Could you have done something differently to work together better? What could you have changed?
- Was there something during the activity that your group disagreed about? If so, how did you work through it?
- How did your group listen to one another and make sure everyone was heard?
- Were there any compromises people had to make in order for your group to be successful? What were they?
- Did you feel listened to during this activity? If so, how and why?
- Who was someone in your group that made a positive difference during the activity? Name some of his/her actions that made the difference.
- If you were to do this activity again, what would you do differently to help the group? Why?