



Back to school after COVID: SEL activities



Quarantine comics

Create a comic strip that shows how you coped with the quarantine and how you are still coping:

- Funny things that happened
- People who helped you
- Things you did to help others
- Fun activities that you did
- Challenges that you overcame

Quarantine survival guide

Use your experience and the experience of your family to create an informal quarantine survival guide for young people your age. Write your guide as a ____ (Booklet? Poster? Pamphlet? Magazine article? Blog post? Web page?). You can add illustrations to your text if you want to. It can be serious or humorous- or both. Your guide should cover:

- How to prepare your home for a quarantine
- Personal protective measures
- Keeping morale up
- Maintaining positive relationships

Quarantine survival video

Use your experience and the experience of your family to create a quarantine survival guide tutorial for young people your age. Create visual material to accompany your presentation (poster, powerpoint slide, etc.). You can add illustrations to your text if you want to. It can be serious or humorous- or a little of both. Your guide should cover:

- How to prepare your home for a quarantine
- Personal protective measures
- Keeping morale up
- Maintaining positive relationships

Back to school interview-video

Conduct and record an interview with someone in your class or someone you know about how their quarantine experience using the questions below. Create an introduction and a conclusion to your interview.

- What did you do to keep yourself entertained?
- What did you do that helped you to get along with others in your house?
- What challenges did you overcome?
- What was the funniest thing that happened?
- What did you learn from this experience that might help you in life?



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Back to school interview-text

Conduct an interview with someone in your class or someone you know about how their pandemic experience using the questions below. Take notes on their answers and create a magazine article about their experience. Use images (pictures or drawings) to illustrate your text.

- What did you do to keep yourself entertained?
- What did you do that helped you to get along with others in your house?
- What challenges did you overcome?
- What was the funniest thing that happened?
- What did you learn from this experience that might help you in life?

Boredom Busters Guide

Whole class brainstorming: *What did you do during the quarantine **other than screen time** to keep yourself from losing your mind with boredom?*

Create a boredom-busters guide using ideas from your list. Work in small groups. Divide up the class list among the groups. Each group will work on ___ activities. Include pictures or drawings for each activity.

Message to your grandchildren

Imagine you are really old. Like, even older than your teacher. You are bragging to your grandkids about all the things you did to get through the Great Covid-19 Quarantine. What would you tell them? You can write a letter, record a video, or act it out.

Start with, *“You kids have it so easy. In my day, we had to deal with the COVID. We had to _____”*

3 good things

Write or draw about 3 good things that happened to you during the quarantine.

Movie/TV show/video game/book review (written)

What screen movie, TV show, video game, or book was most helpful or enjoyable during the quarantine? Write a review of it. Your review should explain what it is about, and what you liked most. If you are going to include spoilers, make sure you warn your reader in the introduction.

Movie/TV show/video game/book review (video)

What screen movie, TV show, video game, or book was most helpful or enjoyable during the quarantine? Create a review video for it. Your review should explain what it is about, and what you liked most. If you are going to include spoilers, make sure you warn your reader in the introduction.



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Hero portraits (young students)

Think about someone who is a hero to you- someone you admire, e.g. “*When I grow up, I want to be like ____*”. This can be a real person or a character from a movie, book, or TV show.

1. Draw a picture of this person.
2. Choose 5 words that describe what you admire about this person
3. Pick 1 of these words and draw a picture of 1 time when this word applied to you (e.g. if you chose “brave”, draw a picture of one time when you were brave.)

Hero portraits (older students)

Think about someone who is a hero to you- someone you admire, This can be a real person or a character from a movie, book, or TV show.

1. Part 1: Create a profile of this person. Write your own text about their life and include pictures or drawings.
2. Part 2: Choose 5 words that describe what you admire about this person. Pick 1 of these words and write about a time in your life where you demonstrated this quality.

Strengths inventory

Think about someone you admire. What do you admire most about them? Choose 3 of their qualities that are important to you, that you would like to have: “*I would like to be _____.*” For each each one, think about 1 time when **you** were like that, even a little. Draw a picture / write a description / make a comic book panel for each one.

Letter from the future

Imagine yourself at a point in your life where you have grown up and you feel like your life is exactly how you want it to be. A brilliant and slightly deranged scientist has invented a way to travel back through time and he wants you to test it. He says 2020 is a challenging year and the younger version of you needs some advice. Since you know he is slightly deranged, you decide to send a message instead of going back yourself. Write a letter to yourself with some good advice. Consider:

- Qualities that have helped you to cope in difficult times
- How you have solved problems and overcome difficulties (before and after 2020)
- Ways that challenges have made you stronger
- People who have helped you along the way
- Things to look forward to



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Back to school “valentines”

Write a short welcome back message to each person in your class (1 sentence). Each message must be different. Use drawings to decorate your message. Here are some ideas:

- 1 thing you like about them
- 1 thing you missed about them while school was closed
- 1 good memory you have of them
- 1 thing you have done together that was fun
- 1 thing you are looking forward to doing together
- 1 thing they did that you are grateful for
- 1 thing you see they are working hard on that you would like to congratulate them for
- 1 nice thing you would like to happen to them

Thank you letter

Think about someone who did something particularly helpful or kind for you lately and write them a thank-you letter. Explain what they did, why it was so helpful, and how it made you feel. You can decide to send this letter or not.

Helper portraits

During a pandemic, who are the helpers that you admire the most? Choose 1 group of helpers and write a profile of them that includes:

- Description of their job
- Training and preparation for this job
- Positive aspects of their job
- Challenges that they must overcome in their job
- Why this job is so important

Gratitude lists

Make a list of the 10 things (more? less?) that you are most grateful for. Choose 3 (more? less?) and use drawings or pictures to present them: *I am grateful for ___ because ____.*