

The Kentucky State Interagency Council has recognized Friday, March 11th as Social Emotional Learning (SEL) Day. Everyone across the Commonwealth of Kentucky is encouraged to participate by integrating SEL practices into daily life. The Kentucky Department of Education has compiled activities reflecting this year’s theme, “Finding Common Ground, Pursuing Common Good,” into a calendar of daily activities that apply to all age groups and across all settings. These activities are grounded in research from [UC Berkley’s Greater Good in Education Program](#) as well as [Harvard’s Graduate School of Education](#).

#SELday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adults and Young Adults Ages 12 and up</b>	Create a journal or a list of one item daily that you are grateful for. Keep up with your <a href="#">gratitude journal</a> for one week.	Call an old friend or a new friend today.	Do something you’ve been putting off.	If you’re getting lost in your head, try <a href="#">focusing outward</a> on the sensations around you.	Try something new, like food or an activity.	Create a <a href="#">time capsule</a> of your everyday life to share later with family and friends.	Write a <a href="#">gratitude letter</a> to someone you haven’t properly thanked.
<b>Elementary Ages 5 to 11</b>	Take time to reflect on positive experiences, attributes, and/or aspirations by writing or drawing about themselves.	Cool Kid Activity: Help youth learn to give compliments and effective praise as part of a routine for celebrating each student in the classroom.	In a group or family meeting, share feelings while also building youth’s feelings vocabulary and emotion knowledge.	If youth are feeling frustrated, upset, or angry allow them to take a time out.	Write a friend a “good job” note if you see them doing something good.	Have youth draw and write about ways they have acted with kindness towards others.	Take a nature walk, with a friend or adult you trust.
<b>Preschoolers Ages 3 and 4</b>	Ask your preschooler to express feelings and consider what other children are feeling.	Notice and praise your preschooler’s efforts and accomplishments (e.g., I noticed you sorted all the blocks by different sizes and colors.)	Encourage cooperation and help your preschooler to help others (e.g., pick up and put away toys, fold laundry, etc.)	Create a quiet area for your preschooler for reading, drawing, listening to music and playing.	Talk about different ways to solve social problems with your preschooler (e.g., asking for help, cooperating with others, etc.).	Create a gratitude tree. Ask your preschooler to identify things they are grateful for.	Notice and praise when your preschooler accepts setbacks without giving up (e.g., persists in building a bridge after it has fallen down several times.)
<b>Infants and Toddlers Ages Birth to 3</b>	Smile at your baby when she makes sounds to get your attention.	Help your baby to soothe himself or herself. As a parent/ caregiver practice calming behaviors and co-regulation.	Help your toddler to recognize and name different feelings without judgement.	Talk about the feelings of others with your toddler, why another child or character might be laughing or crying, etc.	Practice appropriate discipline without harshness. Redirect inappropriate behaviors to appropriate choices and positive actions.	Read books aloud to help your infant/ toddler make sense of difficult feelings. A <a href="#">recommendation list</a> can be found here.	Encourage toddlers to play together and share toys.

**Additional Resources:**

[Harvard University Graduate School of Education Kernels](#)  
[Greater Good in Education SEL Kernels](#)  
[Kentucky Governor’s Office of Early Childhood Parent Guides](#)

[Head Start ECLKC Effective Practice Guides: Social & Emotional Development](#)  
[Center for Disease Control’s Developmental Milestones](#)  
[Let’s Learn Kentucky](#)