SEL Module:

Families

Self-management: Organisational skills	Self-awareness: Self-confidence	Responsible decision-making	Relationship skills: Relationship building	Social awareness

Task Idea 1: Learn to cook a favourite dish of a family member and write the recipe. Know the kitchen safety rules before you start.





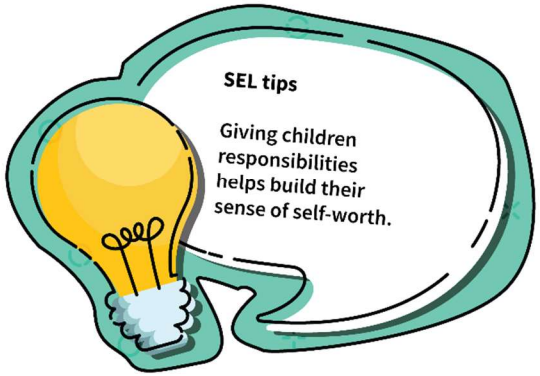


Self-management	**Self-awareness: Self-confidence, Self-efficacy**	Responsible decision-making	**Relationship skills: Relationship building**	Social awareness

Task Idea 2: Offer to do 2 to 3 household chores. Ask your parents how you can help out. Create a daily or weekly chore chart to help yourself.







Daily Chore Chart

Room / Name	Clean	Vacuum	Sweep	Mop	Feed
	☐	☐	☐	☐	☐

Check the box when the task is completed!

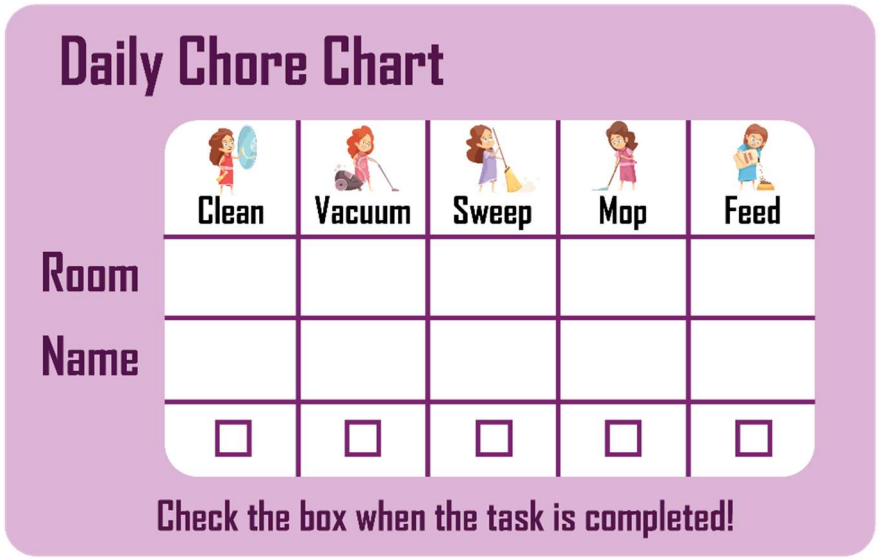


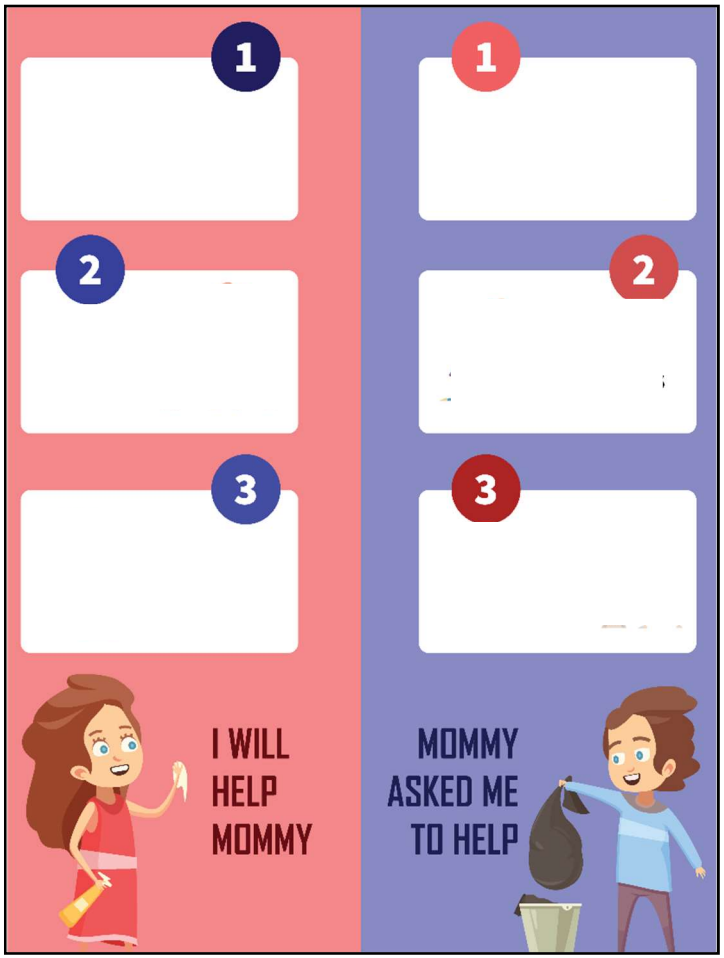
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Families

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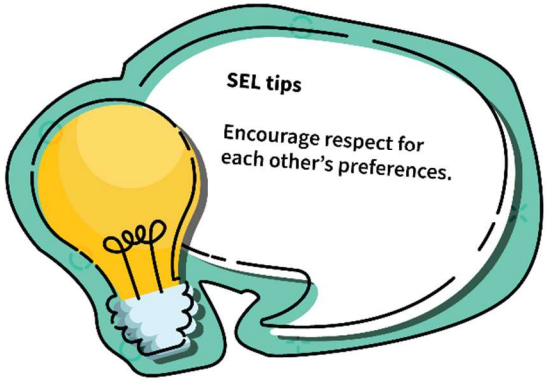



CERTIFICATE
OF COMPLETION
FOR
DATE
SIGNED

Self-management:	**Self-awareness: Identifying emotions**	Responsible decision-making	**Relationship skills: Relationship building**	Social awareness

Task Idea 3: Book a "Parent-child discussion time" to talk about the first things you would do when the virus is gone. Create a two-week well-being plan for the family. What routines will you incorporate to help everyone feel their best?





MONDAY

Things we are grateful for this week:

Quote of the week

Kindness is not an act. It is a lifestyle.

Meal Plans

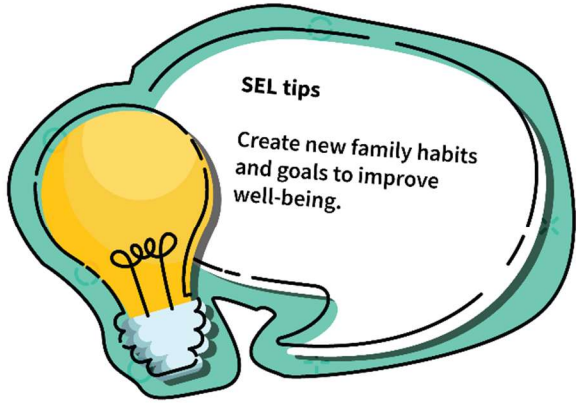
- ☐ _____
- ☐ _____
- ☐ _____
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Our family's well-being Plan

The people we will connect with this week:

Things we can do to help others:

Household Chores	



SEL Module:

Families

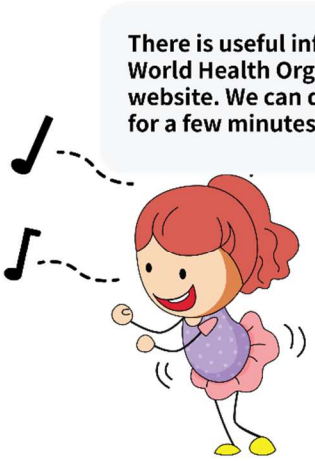
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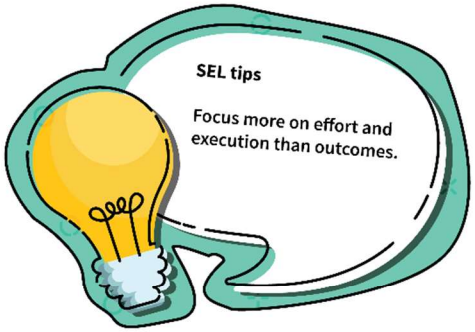


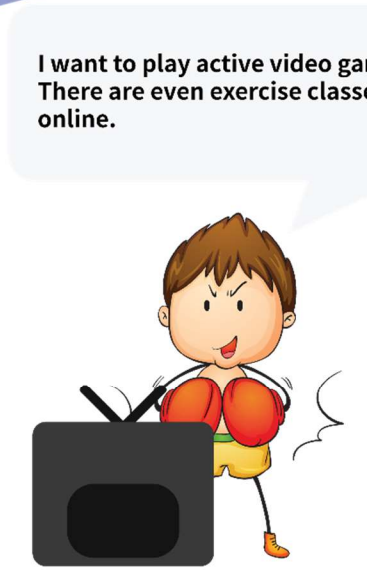
Self-management: Self-motivation	Self-awareness: Self-confidence	Responsible decision-making	Relationship skills: Relationship building	Social awareness

Task Idea 4: Design a practical exercise programme that builds in cardio, stretching, strength and flexibility for your family or yourself.













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