



## Social Emotion Learning and Drama

*A creative approach to building school and life skills*

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HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

### GOALS FOR LIFE

**DESCRIPTION:** How might students envision their future goals now? Teaching artist Mr. Jonathan guides students to imagine a life goal through movement. Students will also imagine steps to take to achieve that goal.

**AGE LEVEL FOCUS:** 4-6

**SEL FOCUS:** Setting Goals (Self-Management)

**ACTIVITY:** Creating action to express ideas

#### **TO PREPARE:**

- Preview the video before sharing it with your students to best help you introduce the activity.
- Let students know the HTY teaching artist will guide them to create simple movement in order to express ideas about their future goal. They can create the movement either sitting or standing, whatever makes them comfortable to participate. Encourage them to be honest and bold with their choices and to enjoy.



Four minute activity