



Social Emotion Learning and Drama

A creative approach to building school and life skills

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

IMAGINARY JOURNEY

DESCRIPTION: Having a stressful or difficult day? Come take an imaginary journey with teaching artists Ms. Lily and Mr. Jonathan to your ‘Personal Paradise’ to help bring a little joy and calm into your life.

GRADE LEVEL FOCUS: K-2

SEL FOCUS: NHES Standard 7: Self-Management -- NHES.7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

ACTIVITY: Pantomimed action

TO PREPARE, please:

- Preview the video before sharing it with your students to best help you introduce the activity.
- Let students know they will be imagining a journey and acting it out along with the artists on the video.
- Feel free to pause the video at points and guide students to further explore any of the actions.
- Ask students to describe where they traveled, what they discovered and what helped them find a little joy and calm.



Four-and-a-half-minute activity