



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.

CREATIVE CHAIR

DESCRIPTION: Stretch imaginations through an interactive that helps reduce stress, encourage focus and have a fun little break!

GRADE LEVEL FOCUS: Grades K-4

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

ACTIVITY: Join Mr. Jonathan as he explores many creative ways to play with a chair

TO PREPARE, please:

- Preview the video before sharing it with your students to best help you introduce the activity.
- Prepare students by having them stand next to their chair.
- Encourage students not to copy Mr. Jonathan, but try their creative ideas inspired by him.
- Alternately, watch the short video, then repeat the activity on your own.



Four-and-a-half-minute activity