

# FIRST WEEK OF SCHOOL Activities



Ice Breaker Games \* 7 Get to Know You \*  
Activities \* Worksheets \* Activity Guides



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## CALM DOWN Techniques

By: Sara-Jane Lau



## IDENTIFYING Feelings

WORKSHEETS  
Identifying  
Feelings

IDENTIFYING  
FEELINGS  
★ POWERPOINT STORY & ACTIVITIES ★

MANAGING  
FEELINGS &  
EMOTIONS

SOCIAL  
SCENARIO  
PROBLEM SOLVING  
CARDS

INFERENCE  
PICTURES  
Identifying Feelings &  
Emotions


CLASSROOM  
POSTERS  
Emotions

SCARED  
TIGHTENED

BUNDLE

## FRIENDSHIP Lessons & Activities



### BUNDLE



13 Ready to Use  
Resources!

# ACTIVITY GUIDES

INCLUDED ARE ACTIVITY GUIDES—  
NO PLANNING NEEDED!

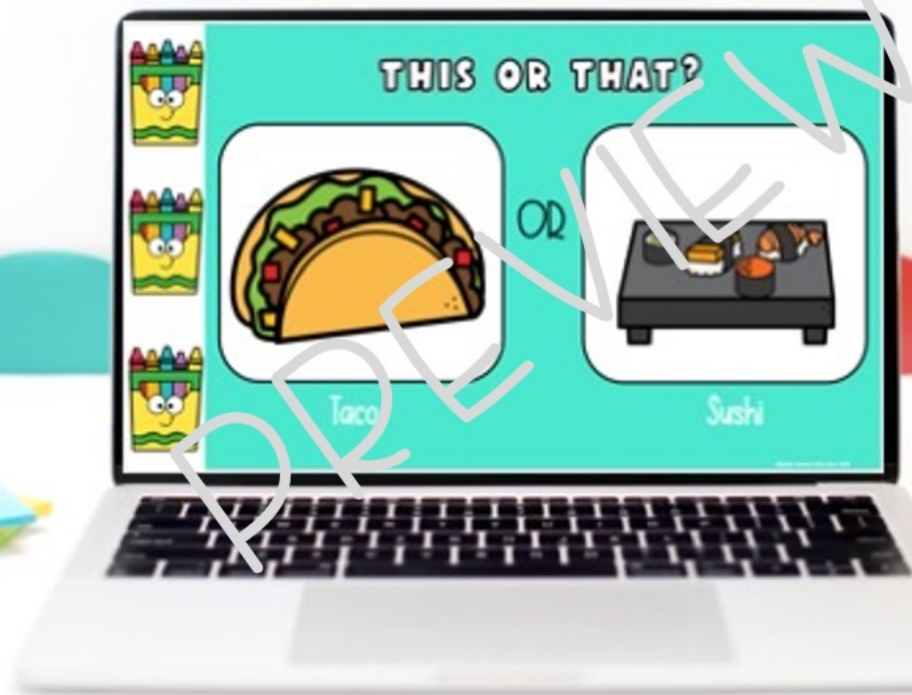
Activity 3	My New Friends
Suggested Used	<p>2 Worksheets My Gallery of my New Friend</p> <ol style="list-style-type: none"> <li>1. My Gallery of Friends: cards, match up the ch them to draw the pers Encourage them to get while doing so. Re- pa that they may draw di</li> <li>2. All About my New Frie depth interview of a n them to partner up wi know.</li> </ol> 
Activity 5	Getting to Know You Challenge Board
Suggested Used	<p>1 Challenge Board (B&amp;W and Color)</p> <ol style="list-style-type: none"> <li>1. This challenge board can be done as a whole class activity where you set a challenge for the day, and everyone focuses on that one challenge. Set it in the morning and in the afternoon before home time, check back with the class to see who completed the challenge for the day. Mark it off on the challenge board.</li> <li>2. Another option is that each child has their own challenge board, and they color in each challenge when completed. They have one week or two to complete it.</li> </ol> 

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# 7 FUN-FILLED ACTIVITIES

## 7 FUN GET TO KNOW YOU ACTIVITIES:

- This or That: PowerPoint Presentation





# MY FRIENDS WORKSHEETS + GETTING TO KNOW YOU CHALLENGE



## WORKSHEETS & CHALLENGE

# ACTIVITIES TO HELP BUILD CONNECTION

PREVIEW



PREVIEW

**IN COLOR +  
BLACK + WHITE**



# 8 ICE-BREAKER GAMES



# POSITIVITY POSTERS



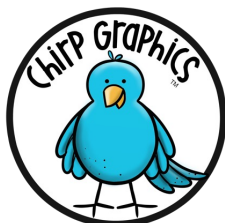
\* Positivity Posters:  
In Black & White and Color \*







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