What is social-emotional learning? According to CASEL, “Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

Developing strong social-emotional skills is important learning throughout childhood and adolescence (and even into adulthood!). Here are 12 activities you can do at home this summer:

1. Play board games and sports
2. Go on a mindful walk outside
3. Write in a journal or diary
4. Practice coping skills, like mindful breathing
5. Read picture books
6. Practice mindful coloring
7. Talk about characters’ feelings in a movie
8. Start an acts of kindness challenge
9. Organize an area of the house together
10. Write a self-compliment list
11. Use conversation starters to share ideas
12. Play games like “I Spy” and “Simon Says”