

2025-26

Social Emotional Learning

CALENDAR

365 Daily SEL Challenges for Kids



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Introduction

Welcome to a year of growth, understanding, and connection with this Social Emotional Learning Calendar! Designed with kids in mind, this calendar isn't your average collection of dates. Instead, it's a step-by-step guide to nurturing essential life skills, month by month.

Here's how it's structured:

12 Thoughtfully Crafted Months: The calendar spans an entire year, with each month dedicated to a specific theme central to social and emotional development.

Daily Tasks for Daily Growth: Every day offers a unique task that aligns with the month's theme, ensuring consistent and cumulative growth.

Here are some suggestions on how you can use this calendar with your students or family:

- 1. Daily Discussions:** Use the daily tasks as conversation starters. Discuss the task of the day and relate it to personal experiences.
- 2. Journaling Prompts:** Encourage kids to maintain a diary. Let them write about their feelings or thoughts related to the day's challenge.
- 3. Role-playing Activities:** Take the theme of the month and create role-playing sessions where kids can practice the skills in a safe environment.
- 4. Interactive Lessons:** For educators, integrate the monthly themes into lesson plans. This will help kids to connect what they learn in class to their emotional growth.
- 5. Family Bonding:** Parents can spend quality time with kids working on the day's task, promoting both emotional growth and family connection.

As you navigate through the year with this calendar, you're not just marking days. You're making days count towards building emotionally intelligent and socially adept young individuals. Here's to a year of meaningful growth!



August 2025

Friendship

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Compliment a friend's unique quality today.	2 Remember a fun memory with a friend.
3 Share a childhood photo and tell its story.	4 Write a kind note to a friend and give it to them.	5 Ask a friend about their favorite hobby.	6 Play a game with a friend and let them choose the game.	7 Make a friendship bracelet for a friend.	8 Listen without interrupting when a friend talks today.	9 Share your snack with a buddy.
10 Invite someone who looks lonely to play or chat.	11 Draw a picture together with a friend.	12 Share a favorite song with a buddy and dance.	13 Help a friend with a task or homework.	14 Tell a friend why you're thankful for them.	15 Laugh at a joke together, even if it's a silly one.	16 Teach a friend a new skill or trick you know.
17 Plan a fun activity together for the weekend.	18 Swap favorite books with a friend and discuss them later.	19 Defend a friend if someone says something unkind.	20 Organize a small get-together or playdate.	21 Build something together: a puzzle, tower, or fort.	22 Cook or bake something simple with a friend.	23 Swap roles for a day – let them be the leader.
24 Apologize if you made a mistake or hurt a friend's feelings.	25 Make plans to watch a movie together.	26 Surprise a friend with a small, thoughtful gift.	27 Share a childhood photo and tell its story.	28 Tell your friend an inspiring story or quote.	29 Co-create a funny story or video.	30 Make a list of the top 5 things you both love.
31 Remember some fun memories with a friend.						



*Social
Smarts*

September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day Thank a community worker for their service.	2 Observe people's reactions in a conversation today.	3 Introduce yourself to a new classmate or neighbor.	4 Listen more than you speak in a group discussion.	5 Learn about a cultural festival and discuss it with friends.	6 Learn a greeting in a new language and use it.
7 Notice when someone feels left out and include them.	8 Share a positive news story with family or friends.	9 Practice active listening with a friend or family member.	10 Start a conversation with someone who's often quiet.	11 Practice using body language to convey positivity.	12 Join a school or community group activity.	13 Compliment someone without expecting one in return.
14 Ask open-ended questions in today's conversations.	15 Learn and remember a new person's name.	16 Discuss a popular movie's theme and characters with friends.	17 Share a book recommendation with a friend.	18 Offer help when you see someone struggling.	19 Try a new game with friends.	20 Practice waiting your turn in conversations.
21 Show genuine interest when someone shares a story.	22 Discuss different views on a topic without arguing.	23 Share a personal challenge and how you overcame it.	24 Understand the feelings behind someone's words.	25 Encourage a friend to speak up in a group.	26 Reflect on a time when you felt proud of a social interaction.	27 Share a hobby and explain why you enjoy it.
28 Ask someone about their day and really listen.	29 Discuss a global event and listen to others' opinions.	30 Reflect on what you learned about social smarts this month.				



October 2025

Smart
choices

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Think of a recent choice you made, and its outcome.	2 Discuss with a friend how they make decisions.	3 Make a list of pros and cons before making a decision.	4 Ask an adult about a smart choice they made as a kid.
5 Think twice before reacting to something that upsets you.	6 Research a new topic and form an opinion.	7 Set a small goal and make choices to reach it this week.	8 Ask for advice from someone you respect.	9 Think of consequences before making a choice.	10 Choose a healthy snack over a sugary one.	11 Discuss with friends the difference between need and want.
12 Practice patience in a challenging situation.	13 Recognize a friend for a smart choice they made.	14 Spend 10 minutes planning your next day.	15 Reflect on a choice that taught you something.	16 Help a friend weigh the pros and cons of a decision.	17 Listen to a story about someone's best decision.	18 Turn off screens 1 hour before bedtime.
19 Take a moment to think before answering a tough question.	20 Ask yourself "why?" before making a choice.	21 Get feedback on a choice you're about to make.	22 Choose an activity that helps you learn something new.	23 Discuss the smart choices made by a character in a story.	24 Decline something that doesn't feel right to you.	25 Talk to someone about a mistake and what they learned.
26 Spend a day without making any impulse decisions.	27 Reflect on a choice that led to unexpected results.	28 Teach a younger sibling or friend about making good choices.	29 Practice saying "no" to something you don't want to do.	30 Set a limit for screen time and stick to it.	31 Halloween Choose to share some of your treats with someone.	



November 2025

Gratitude

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Write down three things you're grateful for today.
2 Tell a family member why you appreciate them.	3 Think of a challenge you overcame and what you learned.	4 Share a meal with someone and express thanks.	5 Create a "gratitude jar" and add one note daily.	6 Gift a small token of appreciation to a friend.	7 Spend a moment in nature, appreciating its beauty.	8 Compliment a stranger genuinely.
9 Reflect on a favorite memory and why you treasure it.	10 Write a thank-you note to your teacher.	11 Veterans Day Thank a veteran for their service.	12 Recognize someone who's made a difference in your life.	13 Say "thank you" to service workers you encounter.	14 Discuss with family the different things you're grateful for.	15 Share a positive story with a friend.
16 Read about cultures that prioritize gratitude.	17 Choose to see a challenging situation's silver lining.	18 Revisit old photos and appreciate the memories.	19 Listen to a song that makes you feel thankful.	20 Bake or make something to share with a friend.	21 Take a moment to appreciate a personal achievement.	22 Express thanks for a meal before eating.
23 Spend a day without complaining.	24 Share a book that you're grateful for.	25 Speak about a mentor or guide you appreciate.	26 Volunteer your time or help someone in need.	27 Thanksgiving Day Share what you're most thankful for this year.	28 Listen to your favorite song and think about why you love it.	29 Write a letter of appreciation to yourself.
30 Commit to showing gratitude daily in the next month.						



December 2025

mindfulness

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Take 5 deep breaths before starting your day.	2 Spend 10 minutes quietly thinking about your feelings.	3 Listen to calming music without any distractions.	4 Notice five beautiful things during your day.	5 Dedicate time to a hobby without interruptions.	6 Take a mindful walk, observing everything around.
7 Practice a short guided meditation.	8 Chew your food slowly, savoring every bite.	9 Do a single-task instead of multitasking.	10 Observe your emotions without judgment.	11 Listen carefully to someone without interrupting.	12 Notice three sounds you typically overlook.	13 Take a short break from screens and relax.
14 Light a candle and watch its flame.	15 Drink a cup of tea or water, savoring each sip.	16 Feel the texture of different objects around you.	17 Reflect on your reactions throughout the day.	18 Spend time in nature, observing its wonders.	19 Read a poem or passage slowly and think about it.	20 Focus on the sensation of your breath.
21 Dedicate a quiet moment to yourself.	22 Create art mindfully, enjoying the process.	23 Stretch your body, focusing on each movement.	24 Spend quality time with family, being fully present.	25 Christmas Share a cherished memory with	26 Take a break to rest and rejuvenate.	27 Avoid unnecessary distractions for an hour.
28 Journal your thoughts and feelings.	29 Practice gratitude for the present moment.	30 Feel the warmth and coziness of a blanket or sweater.	31 New Year's Eve Reflect on the year and what you've learned.			



January 2026

Goal Setting

SUN	MON	TUE	WED	THU	FRI	SAT
				1 New Years Day Write one big goal for the year	2 Draw how achieving a goal makes you feel	3 Tell a friend about a fun weekly goal.
4 Set a goal for reading this month.	5 Create a goal-tracking chart or drawing.	6 Write a goal for your favorite hobby.	7 Decide on a new skill you want to learn.	8 Set a goal related to your favorite subject.	9 Create a goal to help someone this week.	10 Pick a physical activity goal for the month.
11 Find a book about achieving goals.	12 List three mini-goals for this week.	13 Make a family goal with your siblings.	14 Set a goal to make a new friend.	15 Write a goal to improve something you're working on.	16 Chat about your progress on one goal.	17 Find a quote about persistence and goals.
18 Set a weekend goal. What will you do?	19 MLK Day Learn a goal Martin Luther King Jr. had.	20 Ask an adult their childhood goals.	21 Choose a goal to learn something new.	22 Share a goal with a teacher or coach.	23 Watch a movie about achieving dreams.	24 Set a silly, fun goal for tomorrow.
25 Write a goal for next school semester.	26 Share a recent goal you proudly achieved.	27 Set a goal related to arts or crafts.	28 Think of a place you'd like to visit.	29 Set a goal to help at home.	30 Reflect on a goal you changed or adjusted.	31 Celebrate all the goals set this month!



February 2026

Kindness

SUN	MON	TUE	WED	THU	FRI	SAT
1 Compliment someone's effort or hard work.	2 Help a classmate with their schoolwork.	3 Share a snack with a friend.	4 Write a kind note to a family member.	5 Say thank you to your bus driver.	6 Give a genuine smile to five people.	7 Make a card for a teacher or coach.
8 Offer to carry something for someone.	9 Listen to someone without interrupting.	10 Donate an old toy or book.	11 Hold the door open for someone.	12 Help with a chore at home without being asked.	13 Share a kind story or quote with a friend.	14 Valentine's Day Give valentine's cards with kind messages to classmates.
15 Write a "thank you" note to a community helper.	16 Presidents' Day Write about a kind act by a past president.	17 Tell a joke to make someone laugh.	18 Spend quality time with a family member.	19 Offer your seat to someone.	20 Leave a happy note in a library book.	21 Teach someone a skill or game you know.
22 Speak in a gentle tone all day.	23 Give a friend a small, thoughtful gift.	24 Offer kind words to someone feeling down.	25 Help tidy up a common area at school.	26 Say something nice to someone you rarely talk to.	27 Praise someone for their kindness.	28 Help someone without expecting anything in return.



March 2026

*Growth
mindset*

SUN	MON	TUE	WED	THU	FRI	SAT
1 List three things you can't do... yet.	2 Compliment someone on their hard work today.	3 Choose a difficult puzzle or game to play.	4 Watch a movie about overcoming obstacles.	5 Talk about a time you faced a challenge and grew.	6 Try doing something with your non-dominant hand.	7 Discuss a famous person's journey to success.
8 Write down a mistake and what you learned from it.	9 Ask someone about a skill they worked hard to learn.	10 Look at an old piece of work and notice your improvement.	11 Try a new food or flavor today.	12 Talk about a hero of yours who shows perseverance.	13 Do a task slower, focusing on the process, not the end.	14 Share a story of someone who didn't give up.
15 Set a learning goal for the next month.	16 Attempt a challenging book or story to read.	17 Find a quote about growth and share it.	18 Practice a new skill for 15 minutes.	19 Share a time when feedback helped you improve.	20 Try a new activity or hobby today.	21 Teach someone something, noticing your own expertise.
22 Ask a friend about a recent challenge they've overcome.	23 Praise someone for their improvement.	24 Start a "growth journal" for reflections.	25 Listen to a song about pushing through tough times.	26 Plant a seed and watch it grow over time.	27 Pick a subject you find tough and study it for 20 minutes.	28 Learn about a culture or place you're unfamiliar with.
29 Ask a teacher for extra challenges or resources.	30 Learn a new word and use it.	31 Reflect on this month's progress.				

Life IS TOUGH but so am I

April 2026

Resilience

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Remember a past challenge and how you	2 Write three strengths you've gained from tough times.	3 Share a story of resilience with a friend.	4 Practice deep breathing for 5 minutes today.
5 Try something new, even if it scares you.	6 Reflect on a mistake and what you learned from it.	7 Talk about a resilient role model in your life.	8 Set a small goal and achieve it today.	9 Write down three things you're grateful for.	10 Discuss with a friend how they handle setbacks.	11 Think of a challenge you face and brainstorm.
12 Encourage someone who's having a tough time.	13 Remind yourself: "I can handle this."	14 Celebrate a small victory you had this week.	15 Face a fear you've been avoiding.	16 Visualize a positive outcome for a current challenge.	17 Reflect on how far you've come this year.	18 Read about someone famous who overcame obstacles.
19 Reconnect with a hobby that makes you feel strong.	20 Share a positive affirmation with someone.	21 Accept a compliment without downplaying it.	22 Remember a time you bounced back from a setback.	23 Make a list of your support system.	24 Think of one small way to step out of your comfort zone.	25 Encourage yourself with kind words in the mirror.
26 Recognize an area of growth in the last month.	27 Talk to someone older about resilience in their life.	28 Commit to learning from a current challenge.	29 Plan a small reward for a personal achievement.	30 Write a thank you note to someone who supported you.		



May 2026

Positive
Thinking

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Start the day by saying a positive affirmation aloud.	2 Write down three things that make you happy.
3 Replace one negative thought with a positive one.	4 Spend 10 minutes in the sunshine.	5 Compliment someone genuinely.	6 Read or listen to an uplifting story.	7 Remember a time you overcame a challenge.	8 Smile at five people today.	9 Think of a happy memory and share it.
10 Write a positive message with chalk outside.	11 Play your favorite happy song and sing along.	12 Write a positive quote and stick it on your wall.	13 Watch a comedy or funny video.	14 Take a break from social media today.	15 Surround yourself with cheerful colors.	16 Express gratitude for a basic daily necessity.
17 Share a joke with a friend or family member.	18 Spend time with someone who lifts your spirit.	19 Look at yourself in the mirror and say, "I'm awesome!"	20 Create a small goal and achieve it today.	21 Celebrate even a tiny victory of your day.	22 Talk about a positive aspect of your day.	23 Encourage someone who's feeling down.
24 List three things you love about yourself. 31 Reflect on the most joyful moment of the month.	25 Memorial Day Plan a future activity you're excited about.	26 Notice the beauty in nature around you.	27 Share a positive memory of someone you remember.	28 Re-watch your favorite uplifting movie.	29 Think of how a challenge today can be a future strength.	30 Send a positive message to a friend.

My GREATEST Journey IS UNDERSTANDING myself

June 2026

Knowing myself

SUN	MON	TUE	WED	THU	FRI	SAT
	1 List three things you're really good at.	2 What's a hobby you truly enjoy? Spend 10 minutes on it.	3 Create a personal motto or slogan for yourself.	4 Ask a family member about a trait they think you've inherited.	5 Write down a time you felt most proud.	6 Think of a situation where you felt uncomfortable. Why?
7 Draw or write about your dream vacation spot.	8 Discuss a book or movie character you relate to.	9 Describe your ideal day from morning to night.	10 Reflect on a recent choice you made. Would you change it?	11 Ask a friend what they admire about you.	12 Think of three words that best describe you.	13 Journal about your feelings for 5 minutes.
14 Discuss a recent dream and how it made you feel.	15 Try a new food and think about why you like or dislike it.	16 Share a family tradition and why it's special.	17 Think about a skill you want to improve. How can you?	18 Draw or describe your "happy place."	19 Juneteenth Discuss a personal freedom you value.	20 Recall a time you stepped out of your comfort zone.
21 Listen to a song that evokes strong emotions. Reflect on it.	22 Identify one thing you want to learn more about.	23 Spend a day noting when you feel happiest.	24 Think about a time where you showed patience.	25 Write about a person who influenced who you are today.	26 Reflect on what activities make time fly for you.	27 Describe something that challenges you but you still love.
28 Ask an elder about how you were as a little kid.	29 Think of a piece of advice that has stuck with you.	30 Reflect on what you learned this month.				



July 2026

Empathy

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Ask someone about their favorite childhood memory.	2 Listen to a friend without interrupting for 5 minutes.	3 Try to understand someone's view without agreeing.	4 Independence Day Write about what makes a great friend.
5 Watch a movie from another culture or perspective.	6 Share a story about a time you felt misunderstood.	7 Write a kind letter to someone feeling down.	8 Learn about a festival from another country.	9 Offer help to someone without them asking.	10 Talk about a book character's feelings with a friend.	11 Compliment someone without mentioning their looks.
12 Share an inspiring story of kindness with family.	13 Discuss a time someone showed empathy towards you.	14 Listen to a song in a different language. How does it feel?	15 Learn three basic phrases in a new language.	16 Talk to someone older about their life experiences.	17 Share something personal and see how others relate.	18 Reflect on a time you misjudged someone.
19 Think of a time you felt empathy for an animal.	20 Help someone with a task, imagining their day.	21 Talk about a news story and discuss everyone's feelings.	22 Visit a cultural museum, either virtually or in person.	23 Discuss ways to support friends going through tough times.	24 Learn about a famous person who showed great empathy.	25 Practice active listening in a group conversation.
26 Discover a tradition from a friend's culture.	27 Talk to someone younger about their hopes and dreams.	28 Reflect on a time your empathy made a difference.	29 Ask someone about their day, and really listen.	30 Watch a documentary about people in challenging situations.	31 Discuss with friends: Why is empathy important?	

Black and White *Version*

Use to save ink or as coloring pages



August 2025

Friendship

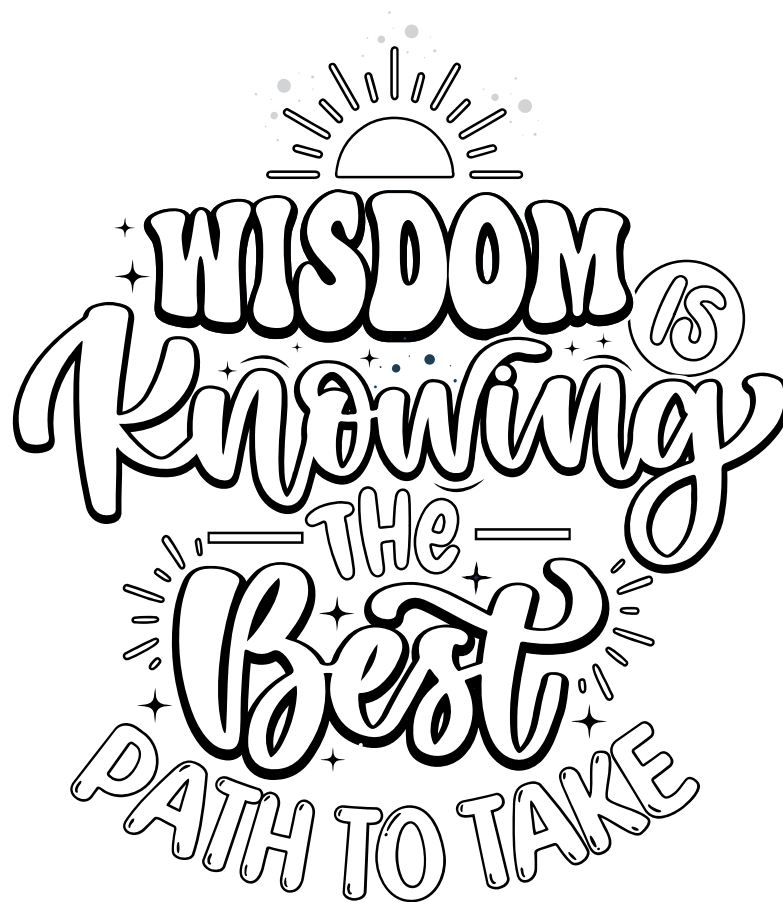
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3 Share a childhood photo and tell its story.	4 Write a kind note to a friend and give it to them.	5 Ask a friend about their favorite hobby.	6 Play a game with a friend and let them choose the game.	7 Make a friendship bracelet for a friend.	8 Listen without interrupting when a friend talks today.	9 Share your snack with a buddy.
10 Invite someone who looks lonely to play or chat.	11 Draw a picture together with a friend.	12 Share a favorite song with a buddy and dance.	13 Help a friend with a task or homework.	14 Tell a friend why you're thankful for them.	15 Laugh at a joke together, even if it's a silly one.	16 Teach a friend a new skill or trick you know.
17 Plan a fun activity together for the weekend.	18 Swap favorite books with a friend and discuss them later.	19 Defend a friend if someone says something unkind.	20 Organize a small get-together or playdate.	21 Build something together: a puzzle, tower, or fort.	22 Cook or bake something simple with a friend.	23 Swap roles for a day – let them be the leader.
24 Apologize if you made a mistake or hurt a friend's feelings. 31 Remember some fun memories with a friend.	25 Make plans to watch a movie together.	26 Surprise a friend with a small, thoughtful gift.	27 Write about a friend. Share a childhood photo and tell its story.	28 Tell your friend an inspiring story or quote.	29 Co-create a funny story or video.	30 Make a list of the top 5 things you both love.



September 2025

Social Smarts

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day Thank a community worker for their service.	2 Observe people's reactions in a conversation today.	3 Introduce yourself to a new classmate or neighbor.	4 Listen more than you speak in a group discussion.	5 Learn about a cultural festival and discuss it with friends.	6 Learn a greeting in a new language and use it.
7 Notice when someone feels left out and include them.	8 Share a positive news story with family or friends.	9 Practice active listening with a friend or family member.	10 Start a conversation with someone who's often quiet.	11 Practice using body language to convey positivity.	12 Join a school or community group activity.	13 Compliment someone without expecting one in return.
14 Ask open-ended questions in today's conversations.	15 Learn and remember a new person's name.	16 Discuss a popular movie's theme and characters with friends.	17 Share a book recommendation with a friend.	18 Offer help when you see someone struggling.	19 Try a new game with friends.	20 Practice waiting your turn in conversations.
21 Show genuine interest when someone shares a story.	22 Discuss different views on a topic without arguing.	23 Share a personal challenge and how you overcame it.	24 Understand the feelings behind someone's words.	25 Encourage a friend to speak up in a group.	26 Reflect on a time when you felt proud of a social interaction.	27 Share a hobby and explain why you enjoy it.
28 Ask someone about their day and really listen.	29 Discuss a global event and listen to others' opinions.	30 Reflect on what you learned about social smarts this month.				

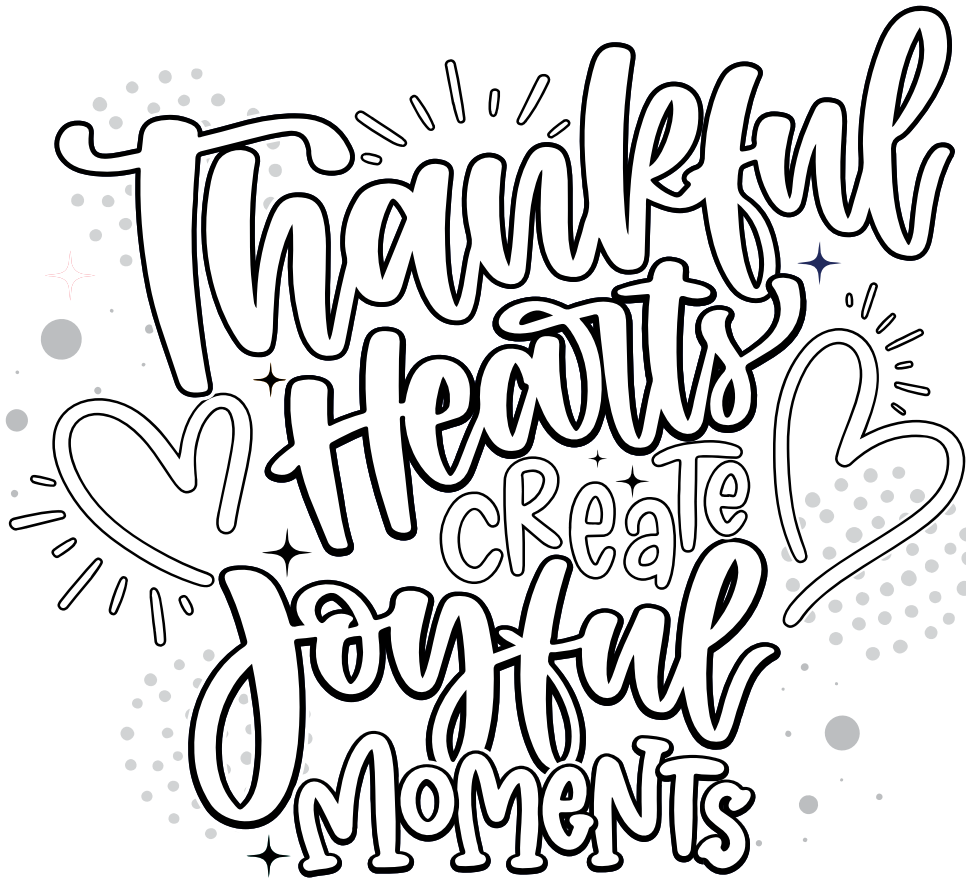


WISDOM IS KNOWING THE BEST PATH TO TAKE

October 2025

Smart choices

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Think of a recent choice you made, and its outcome.	2 Discuss with a friend how they make decisions.	3 Make a list of pros and cons before making a decision.	4 Ask an adult about a smart choice they made as a kid.
5 Think twice before reacting to something that upsets you.	6 Research a new topic and form an opinion.	7 Set a small goal and make choices to reach it this week.	8 Ask for advice from someone you respect.	9 Think of consequences before making a choice.	10 Choose a healthy snack over a sugary one.	11 Discuss with friends the difference between need and want.
12 Practice patience in a challenging situation.	13 Recognize a friend for a smart choice they made.	14 Spend 10 minutes planning your next day.	15 Reflect on a choice that taught you something.	16 Help a friend weigh the pros and cons of a decision.	17 Listen to a story about someone's best decision.	18 Turn off screens 1 hour before bedtime.
19 Take a moment to think before answering a tough question.	20 Ask yourself "why?" before making a choice.	21 Get feedback on a choice you're about to make.	22 Choose an activity that helps you learn something new.	23 Discuss the smart choices made by a character in a story.	24 Decline something that doesn't feel right to you.	25 Talk to someone about a mistake and what they learned.
26 Spend a day without making any impulse decisions.	27 Reflect on a choice that led to unexpected results.	28 Teach a younger sibling or friend about making good choices.	29 Practice saying "no" to something you don't want to do.	30 Set a limit for screen time and stick to it.	31 Halloween Choose to share some of your treats with someone.	



November 2025

Gratitude

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Write down three things you're grateful for today.
2 Tell a family member why you appreciate them.	3 Think of a challenge you overcame and what you learned.	4 Share a meal with someone and express thanks.	5 Create a "gratitude jar" and add one note daily.	6 Gift a small token of appreciation to a friend.	7 Spend a moment in nature, appreciating its beauty.	8 Compliment a stranger genuinely.
9 Reflect on a favorite memory and why you treasure it.	10 Write a thank-you note to your teacher.	11 Veterans Day Thank a veteran for their service.	12 Recognize someone who's made a difference in your life.	13 Say "thank you" to service workers you encounter.	14 Discuss with family the different things you're grateful for.	15 Share a positive story with a friend.
16 Read about cultures that prioritize gratitude.	17 Choose to see a challenging situation's silver lining.	18 Revisit old photos and appreciate the memories.	19 Listen to a song that makes you feel thankful.	20 Bake or make something and share it with.	21 Take a moment to appreciate a personal achievement.	22 Express thanks for a meal before eating.
23 Spend a day without complaining.	24 Share a book that you're grateful for.	25 Speak about a mentor or guide you appreciate.	26 Volunteer your time or help someone in need.	27 Thanksgiving Day Share what you're most thankful for this year.	28 Listen to your favorite song and think about why you love it.	29 Write a letter of appreciation to yourself.
30 Commit to showing gratitude daily in the next month.						



December 2025

Mindfulness

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Take 5 deep breaths before starting your day.	2 Spend 10 minutes quietly thinking about your feelings.	3 Listen to calming music without any distractions.	4 Notice five beautiful things during your day.	5 Dedicate time to a hobby without interruptions.	6 Take a mindful walk, observing everything around.
7 Practice a short guided meditation.	8 Chew your food slowly, savoring every bite.	9 Do a single-task instead of multitasking.	10 Observe your emotions without judgment.	11 Listen carefully to someone without interrupting.	12 Notice three sounds you typically overlook.	13 Take a short break from screens and relax.
14 Light a candle and watch its flame.	15 Drink a cup of tea or water, savoring each sip.	16 Feel the texture of different objects around you.	17 Reflect on your reactions throughout the day.	18 Spend time in nature, observing its wonders.	19 Read a poem or passage slowly and think about it.	20 Focus on the sensation of your breath.
21 Dedicate a quiet moment to yourself.	22 Create art mindfully, enjoying the process.	23 Stretch your body, focusing on each movement.	24 Spend quality time with family, being fully present.	25 Christmas Share a cherished memory with	26 Take a break to rest and rejuvenate.	27 Avoid unnecessary distractions for an hour.
28 Journal your thoughts and feelings.	29 Practice gratitude for the present moment.	30 Feel the warmth and coziness of a blanket or sweater.	31 New Year's Eve Reflect on the year and what you've learned.			



January 2026

Goal Setting

SUN	MON	TUE	WED	THU	FRI	SAT
				1 New Years Day Write one big goal for the year	2 Draw how achieving a goal makes you feel	3 Tell a friend about a fun weekly goal.
4 Set a goal for reading this month.	5 Create a goal-tracking chart or drawing.	6 Write a goal for your favorite hobby.	7 Decide on a new skill you want to learn.	8 Set a goal related to your favorite subject.	9 Create a goal to help someone this week.	10 Pick a physical activity goal for the month.
11 Find a book about achieving goals.	12 List three mini-goals for this week.	13 Make a family goal with your siblings.	14 Set a goal to make a new friend.	15 Write a goal to improve something you're	16 Chat about your progress on one goal.	17 Find a quote about persistence and goals.
18 Set a weekend goal. What will you do?	19 MLK Day Learn a goal Martin Luther King Jr. had.	20 Ask an adult their childhood goals.	21 Choose a goal to learn something new.	22 Share a goal with a teacher or coach.	23 Watch a movie about achieving dreams.	24 Set a silly, fun goal for tomorrow.
25 Write a goal for next school semester.	26 Share a recent goal you proudly achieved.	27 Set a goal related to arts or crafts.	28 Think of a place you'd like to visit.	29 Set a goal to help at home.	30 Reflect on a goal you changed or adjusted.	31 Celebrate all the goals set this month!



February 2026

Kindness

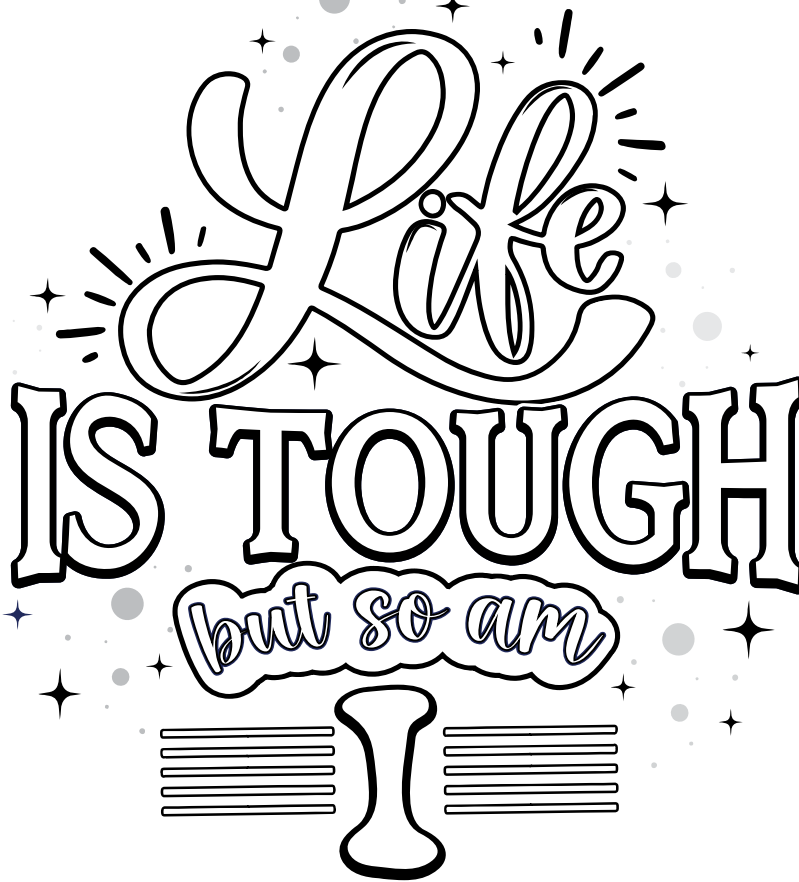
SUN	MON	TUE	WED	THU	FRI	SAT
1 Compliment someone's effort or hard work.	2 Help a classmate with their schoolwork.	3 Share a snack with a friend.	4 Write a kind note to a family member.	5 Say thank you to your bus driver.	6 Give a genuine smile to five people.	7 Make a card for a teacher or coach.
8 Offer to carry something for someone.	9 Listen to someone without interrupting.	10 Donate an old toy or book.	11 Hold the door open for someone.	12 Help with a chore at home without being asked.	13 Share a kind story or quote with a friend.	14 Valentine's Day Give valentine cards with
15 Write a "thank you" note to a community.	16 Presidents' Day Write about a kind act by a past president.	17 Tell a joke to make someone laugh.	18 Spend quality time with a family member.	19 Offer your seat to someone.	20 Leave a happy note in a library book.	21 Teach someone a skill or game you know.
22 Speak in a gentle tone all day.	23 Give a friend a small, thoughtful gift.	24 Offer kind words to someone feeling down.	25 Help tidy up a common area at school.	26 Say something nice to someone you rarely talk to.	27 Praise someone for their kindness.	28 Help someone without expecting anything in return.



March 2026

*Growth
Mindset*

SUN	MON	TUE	WED	THU	FRI	SAT
1 List three things you can't do... yet.	2 Compliment someone on their hard work today.	3 Choose a difficult puzzle or game to play.	4 Watch a movie about overcoming obstacles.	5 Talk about a time you faced a challenge and grew.	6 Try doing something with your non-dominant hand.	7 Discuss a famous person's journey to success.
8 Write down a mistake and what you learned from it.	9 Ask someone about a skill they worked hard to learn.	10 Look at an old piece of work and notice your improvement.	11 Try a new food or flavor today.	12 Talk about a hero of yours who shows perseverance.	13 Do a task slower, focusing on the process, not the end.	14 Share a story of someone who didn't give up.
15 Set a learning goal for the next month.	16 Attempt a challenging book or story to read.	17 Find a quote about growth and share it.	18 Practice a new skill for 15 minutes.	19 Share a time when feedback helped you improve.	20 Try a new activity or hobby today.	21 Teach someone something, noticing your own expertise.
22 Ask a friend about a recent challenge they've overcome.	23 Praise someone for their improvement.	24 Start a "growth journal" for reflections.	25 Listen to a song about pushing through tough times.	26 Plant a seed and watch it grow over time.	27 Pick a subject you find tough and study it for 20 minutes.	28 Learn about a culture or place you're unfamiliar with.
29 Ask a teacher for extra challenges or resources.	30 Learn a new word and use it.	31 Reflect on this month's progress.				



April 2026

Resilience

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Remember a past challenge and how you	2 Write three strengths you've gained from tough times.	3 Share a story of resilience with a friend.	4 Practice deep breathing for 5 minutes today.
5 Try something new, even if it scares you.	6 Reflect on a mistake and what you learned from it.	7 Talk about a resilient role model in your life.	8 Set a small goal and achieve it today.	9 Write down three things you're grateful for.	10 Discuss with a friend how they handle setbacks.	11 Think of a challenge you face and brainstorm.
12 Encourage someone who's having a tough time.	13 Remind yourself: "I can handle this."	14 Celebrate a small victory you had this week.	15 Face a fear you've been avoiding.	16 Visualize a positive outcome for a current challenge.	17 Reflect on how far you've come this year.	18 Read about someone famous who overcame obstacles.
19 Reconnect with a hobby that makes you feel strong.	20 Share a positive affirmation with someone.	21 Accept a compliment without downplaying it.	22 Remember a time you bounced back from a setback.	23 Make a list of your support system.	24 Think of one small way to step out of your comfort zone.	25 Encourage yourself with kind words in the mirror.
26 Recognize an area of growth in the last month.	27 Talk to someone older about resilience in their life.	28 Commit to learning from a current challenge.	29 Plan a small reward for a personal achievement.	30 Write a thank you note to someone who supported you.		



May 2026

Positive Thinking

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Start the day by saying a positive affirmation aloud.	2 Write down three things that make you happy.
3 Replace one negative thought with a positive one.	4 Spend 10 minutes in the sunshine.	5 Compliment someone genuinely.	6 Read or listen to an uplifting story.	7 Remember a time you overcame a challenge.	8 Smile at five people today.	9 Think of a happy memory and share it.
10 Write a positive message with chalk outside.	11 Play your favorite happy song and sing along.	12 Write a positive quote and stick it on your wall.	13 Watch a comedy or funny video.	14 Take a break from social media today.	15 Surround yourself with cheerful colors.	16 Express gratitude for a basic daily necessity.
17 Share a joke with a friend or family member.	18 Spend time with someone who lifts your spirit.	19 Look at yourself in the mirror and say, "I'm awesome!"	20 Create a small goal and achieve it today.	21 Celebrate even a tiny victory of your day.	22 Talk about a positive aspect of your day.	23 Encourage someone who's feeling down.
24 List three things you love about yourself.	25 Memorial Day Plan a future activity you're excited about.	26 Notice the beauty in nature around you.	27 Share a positive memory of someone you remember.	28 Re-watch your favorite uplifting movie.	29 Think of how a challenge today can be a future strength.	30 Send a positive message to a friend.
31 Reflect on the most joyful moment of the month.						

My GREATEST Journey IS UNDERSTANDING myself

June 2026

Knowing myself

SUN	MON	TUE	WED	THU	FRI	SAT
	1 List three things you're really good at.	2 What's a hobby you truly enjoy? Spend 10 minutes on it.	3 Create a personal motto or slogan for yourself.	4 Ask a family member about a trait they think you've inherited.	5 Write down a time you felt most proud.	6 Think of a situation where you felt uncomfortable. Why?
7 Draw or write about your dream vacation spot.	8 Discuss a book or movie character you relate to.	9 Describe your ideal day from morning to night.	10 Reflect on a recent choice you made. Would you change it?	11 Ask a friend what they admire about you.	12 Think of three words that best describe you.	13 Journal about your feelings for 5 minutes.
14 Discuss a recent dream and how it made you feel.	15 Try a new food and think about why you like or dislike it.	16 Share a family tradition and why it's special.	17 Think about a skill you want to improve. How can you?	18 Draw or describe your "happy place."	19 Juneteenth Discuss a personal freedom you value.	20 Recall a time you stepped out of your comfort zone.
21 Listen to a song that evokes strong emotions. Reflect on it.	22 Identify one thing you want to learn more about.	23 Spend a day noting when you feel happiest.	24 Think about a time where you showed patience.	25 Write about a person who influenced who you are today.	26 Reflect on what activities make time fly for you.	27 Describe something that challenges you but you still love.
28 Ask an elder about how you were as a little kid.	29 Think of a piece of advice that has stuck with you.	30 Reflect on what you learned this month.				



July 2026

Empathy

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Ask someone about their favorite childhood memory.	2 Listen to a friend without interrupting for 5 minutes.	3 Try to understand someone's view without agreeing.	4 Independence Day Write about what makes a great friend.
5 Watch a movie from another culture or perspective.	6 Share a story about a time you felt misunderstood.	7 Write a kind letter to someone feeling down.	8 Learn about a festival from another country.	9 Offer help to someone without them asking.	10 Talk about a book character's feelings with a friend.	11 Compliment someone without mentioning their looks.
12 Share an inspiring story of kindness with family.	13 Discuss a time someone showed empathy towards you.	14 Listen to a song in a different language. How does it feel?	15 Learn three basic phrases in a new language.	16 Talk to someone older about their life experiences.	17 Share something personal and see how others relate.	18 Reflect on a time you misjudged someone.
19 Think of a time you felt empathy for an animal.	20 Help someone with a task, imagining their day.	21 Talk about a news story and discuss everyone's feelings.	22 Visit a cultural museum, either virtually or in person.	23 Discuss ways to support friends going through tough times.	24 Learn about a famous person who showed great empathy.	25 Practice active listening in a group conversation.
26 Discover a tradition from a friend's culture.	27 Talk to someone younger about their hopes and dreams.	28 Reflect on a time your empathy made a difference.	29 Ask someone about their day, and really listen.	30 Watch a documentary about people in challenging situations.	31 Discuss with friends: Why is empathy important?	

Recommended Resources



Emotional Intelligence Mindset Cards

52 Daily Habits for Confidence, Connection and Social Skills

Each card highlights an Emotional Intelligence skill with a key insight and real-life ways to practice it.

<https://selpowerpack.com/eqmindmaps/>

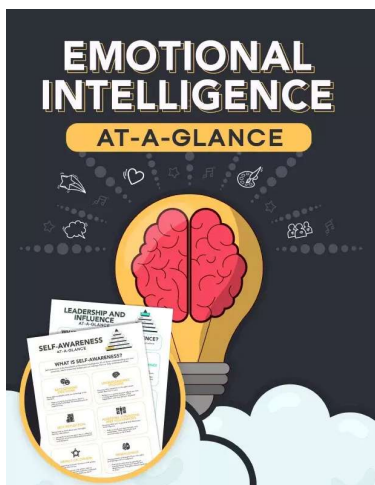


Peel & Stick Coping Wheel

The Wheel breaks down 36 different emotions, divided into six categories. For each emotion there's a suggested coping strategy.

You'll learn how to recognize your feelings, find new ways to cope with stress and build your social emotional skills.

<https://selpowerpack.com/wheel/>



Emotional Intelligence At A Glance

12 printable "cheat sheets" to boost your EQ, manage emotions and build better relationships!

Each lesson is featured on a printable 1-page handout, packed with easy to follow tips, prompts, and discussion starters.

<https://selpowerpack.com/eigance/>

Looking for more social-emotional learning resources? Our website is filled with hundreds of printable games, lesson plans, and worksheets to make SEL come alive for kids.

Visit selpowerpack.com to learn more today.

