**Weekly SEL Skill: Self-management (Impulse control)**
**Theme: Halloween**

Happy Halloween week! This week, we're talking all about self-management and impulse control. Lots of treats are on the way this week, so we're focusing on appreciation and moderation. Practicing self-management helps students develop planning skills, regulate their emotions, define coping strategies, and advocate for themselves.

**This week's activities:**

- Stony Brook:
  - Coffee filter light-up ghosts
    - Using coffee filters and tea lights, students will create their own light-up ghostly friend
  - Cotton ball ghosts
    - We're getting hands-on by gluing cotton balls together to make soft ghost plushies
  - Would you rather: Halloween edition
    - Students will get up and run around in this special, spooky edition of Would You Rather
- Eddy:
  - Pumpkin patch tag
    - Students will have to work together to save their pumpkin patch in this fast-paced, attention-grabbing gym game
  - Halloween bingo
    - Students will take a moment to chill and reflect in this SEL skill-focused bingo game
  - Clubs (Week 4)
    - Nature art
    - Anime
    - Cultural art
    - Improv

**Life skills:** Boundary setting, emotional regulation, stress management, organizational skills

**Ways to continue at home/other fun things!**

- Discuss personal safety/health
- Promote and model sharing
- Create a 'calm space' at home
  - Pick an area of your home that your student(s) can use to calm their emotions safely
- Pumpkin carving
- Safe trick-or-treating!

**More to read:**
**Halloween for kids with anxiety**
**Prep your kids for candy**

**What we're doing next week:**

- **Skill: Relationship skills**
- Theme: Friendship
- Activities
  - SB:
    - Friendship bracelets
    - Storytelling circle
    - Wonder web
  - Eddy:
    - Trust obstacle course
    - French friends bingo
    - ~New Clubs Alert~
      - Jewelry making
      - Cooking
      - Board games
      - Self-care 101
      - *Stay tuned for descriptions!*