



Self-Management

second step

ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

Fine Arts, Calm Down Masks

By: Second Step



Fine Arts

Calm-Down Masks

Show students a photograph or drawing of comedy/tragedy masks. Talk about how the masks show different feelings. Have students select one strong feeling they find it a challenge to calm down. Have students use round paper plates or sturdy art paper cut into facial shapes to create two self-portrait masks that show their own expressions: when they feel the strong feeling they identified, and when they feel calm. Discuss how students can use different elements of art, such as color, line, shape, space, texture, value, and form, and different media, such as paint, charcoal, and textured papers, to convey the emotions they want to depict. Students can wear their completed calm-down masks when they feel the need to calm down, or their strong feeling masks when they want others to know they're feeling really angry or frustrated.

Excerpted from: Academic Integration Activities in the *Second Step* Grade 2 Emotion Management Unit

Unit goal: To develop students' ability to have empathy and show compassion for others

secondSTEP
Early Learning–Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.