

9 SEL High School Activities (for ages 14-18)

From Positive Action - <https://www.positiveaction.net/blog/sel-activities-games#high-school-activities>

1. Meditate

Meditation forces people to slow down and turn their attention inward. While it strays from traditional social-emotional learning activities, mediation allows students to acknowledge their community and self simultaneously.

2. Be a Mentor to Younger Kids

Teach students to think about others by becoming a mentor. High school students can partner with grade-schoolers that need a helping hand in academia and life.

3. Talk with Strangers

Talking with strangers opens us up to different ideas, perspectives, and backgrounds. Challenge your students to [speak with one new person per day](#). They'll quickly see we're not so different from one another.

4. Practice Mindfulness

Mindfulness includes internal and external awareness. Practicing it comes with a long list of benefits, like lower blood pressure, less chronic pain, and stress relief.

5. Share a Quote of the Day

Give students something to think about with a quote of the day. You can open up the classroom to discuss and have students share their thoughts on the quote's meaning and significance.

6. Have a Yay of the Day

The [headwind/tailwind asymmetry](#) supposes that people disproportionately focus on the negatives in life, instead of the positives. Turn that theory on its head by having kids write a "yay" moment they had every day.

7. Assign Interview Projects

Interview-based projects teach communication skills while fostering the exploration of different cultures. Bonus points if students interview people that do not share the same background.

8. Write a Poem from Another Person's Perspective

Let your class choose someone they don't know and write a poem from their perspective. The exercise provides a hand-on way to empathize with other people's experiences.

9. Encourage Artistic Expression

All social emotional learning games do not require speaking or writing. Some students may benefit from expressing themselves through painting, sketching, or sculpting.