

Daily Overview

Day	Activity	Focus	Materials (Quick List)
Monday	Emotional Pie Chart	Identify and express personal emotions	Paper plates / circles, colouring materials, whiteboard
Tuesday	Emotional Charades	Express and recognize emotions nonverbally	Deck of 52 cards, Feeling Guide
Wednesday	Mindful Movements	Mindfulness through movement	Open space, optional yoga mats, soft music
Thursday	Desert Island	Reflect on relationships and boundaries	Flipchart paper, markers, optional stickers/glitter
Friday	You Rock!	Boost self-esteem and celebrate strengths	Smooth rocks, markers/paint pens, jar/container
Spare	Coping Tools & Calm Kits	Create personal coping strategies	Small containers, paper, pens, optional calming items