

# Valentine's Day SEL Would You Rather...

## Write the Room Activity

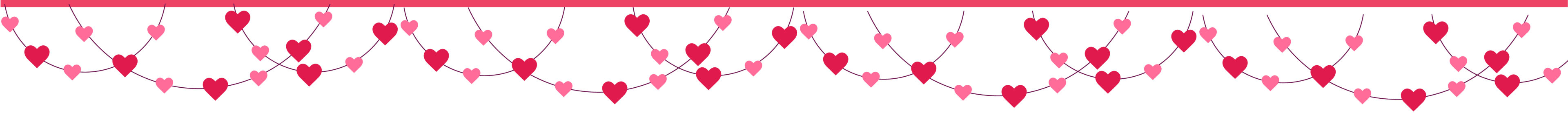
Movement +  
reflection to build  
seasonal social  
awareness



SCROLL  
to take a look inside!

24 prompts • 3 response sheets  
• Grades 3–6

# WHY DO YOU NEED THIS RESOURCE?



- Holiday weeks = high energy + low focus
- Students benefit from practicing real social decisions
- You need meaningful work that still feels festive
- Movement helps channel excitement in a positive way



24 SEL “Would You Rather?” task cards with Valentine’s Day-themed dilemmas



3 differentiated response sheets

- circle-only
- circle + quick write
- circle + quick write + reflection

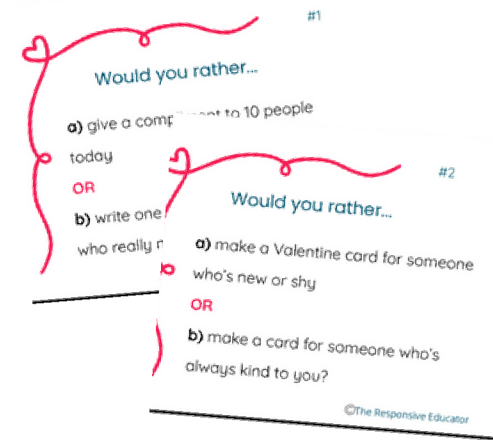


Teacher Reference Sheet (setup, tips, and follow-up ideas)



Full list of prompts + SEL discussion questions

# What’s Included?



Name \_\_\_\_\_ Date \_\_\_\_\_

Valentine's Day SEL "Would You Rather..." Student Response Sheet

Directions: Walk around the room to find the cards. Read the question and both choices. Record your answer by circling a or b. Continue into all cards are complete or you have completed the number of cards assigned by your teacher.

| Card # | A or B? | Card # | A or B? | Card # | A or B? | Card # | A or B? |
|--------|---------|--------|---------|--------|---------|--------|---------|
| 1      | A B     | 6      | A B     | 11     | A B     | 16     | A B     |
| 2      | A B     | 7      | A B     | 12     | A B     | 17     | A B     |
| 3      | A B     | 8      | A B     | 13     | A B     | 18     | A B     |
| 4      | A B     | 9      | A B     | 14     | A B     | 19     | A B     |
| 5      | A B     | 10     | A B     | 15     | A B     | 20     | A B     |

Name \_\_\_\_\_ Date \_\_\_\_\_

Valentine's Day SEL "Would You Rather..." Student Response Sheet

Directions: Walk around the room to find the cards. Read the question and both choices. Record your answer by circling a or b. Then write the choice in your own words. Continue into all cards are complete or you have completed the number of cards assigned by your teacher.

| Card # | A or B? | I Chose (write the choice) |
|--------|---------|----------------------------|
| 1      | A B     |                            |
| 2      | A B     |                            |
| 3      | A B     |                            |
| 4      | A B     |                            |
| 5      | A B     |                            |

Name \_\_\_\_\_ Date \_\_\_\_\_

Valentine's Day SEL "Would You Rather..." Student Response Sheet

Directions: Walk around the room to find the cards. Read the question and both choices. Record your answer by circling a or b. Then write the choice in your own words and add one brief reason. Continue into all cards are complete or you have completed the number of cards assigned by your teacher.

| Card # | A or B? | I Chose (write the choice) | Why? |
|--------|---------|----------------------------|------|
| 1      | A B     |                            |      |
| 2      | A B     |                            |      |
| 3      | A B     |                            |      |
| 4      | A B     |                            |      |
| 5      | A B     |                            |      |



Valentine's Day SEL "Would You Rather..." Teacher Reference Document

What This Resource Includes

- 24 Valentine's-themed SEL "Would You Rather?" task cards (numbered 1-24)
- 3 differentiated student response sheets:
  - Full Reflection Version (AB + write choice + why)
  - Quick Write Version (AB + write choice only)
  - Fast Task Version (AB only)
- Teacher reference document (this file) with:
  - How to use this activity
  - Tips for classroom management + discussion
- Prompts & Discussion Questions Document containing:
  - Full list of all prompts with SEL focus areas
  - 10 open-ended discussion questions for whole-class or small-group reflection

How to Use This Activity

Purpose

Students move around the room, read each prompt, and record their choices. The activity builds empathy, perspective-taking, self-control, social reasoning, and respectful discussion.

Valentine's Day SEL "Would You Rather..." Prompts & Optional Discussion Questions

Would you rather...

- a) give a compliment to 10 people today
- b) OR write one heartfelt note to someone who really needs encouragement? (kindness + empathy)

Would you rather...

- a) make a Valentine card for someone who's new or shy
- b) OR make a card for someone who's always kind to you? (inclusiveness vs. gratitude)

Would you rather...

- a) give out Valentines to everyone in your class
- b) OR choose a few people and write more personal messages? (formness vs. depth)

Would you rather...

- a) do a secret act of kindness for someone
- b) OR thank someone publicly for something kind they did? (anonymous kindness vs. direct appreciation)

Would you rather...

- a) be the person who always cheers others up
- b) OR be the person others can open up to about their feelings? (emotional support vs. cheer)

Would you rather...

- a) receive a handmade Valentine
- b) OR receive a thoughtful compliment? (sfts vs. words of affirmation)

# Response Sheets- A Closer Look

## Circle-Only Sheet

Quick, no-writing option. Students choose A or B — great for young writers or tight schedules.

Name \_\_\_\_\_ Date \_\_\_\_\_

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| Card # | A or B? | Card # | A or B? | Card # | A or B? | Card # | A or B? | Card # | A or B? |
|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|
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| 2      | A B     | 7      | A B     | 12     | A B     | 17     | A B     | 22     | A B     |
| 3      | A B     | 8      | A B     | 13     | A B     | 18     | A B     | 23     | A B     |
| 4      | A B     | 9      | A B     | 14     | A B     | 19     | A B     | 24     | A B     |
| 5      | A B     | 10     | A B     | 15     | A B     | 20     | A B     |        |         |

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## Circle + Quick Write

Students choose A or B and restate the choice in their own words to show understanding.

Name \_\_\_\_\_ Date \_\_\_\_\_

### Valentine's Day SEL "Would You Rather..." Student Response Sheet

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| 4      | A B     |                            |
| 5      | A B     |                            |

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## Circle + Quick Write + Reflection

Adds one more layer: Why did you choose it? Perfect for deeper SEL thinking.

Name \_\_\_\_\_ Date \_\_\_\_\_

### Valentine's Day SEL "Would You Rather..." Student Response Sheet

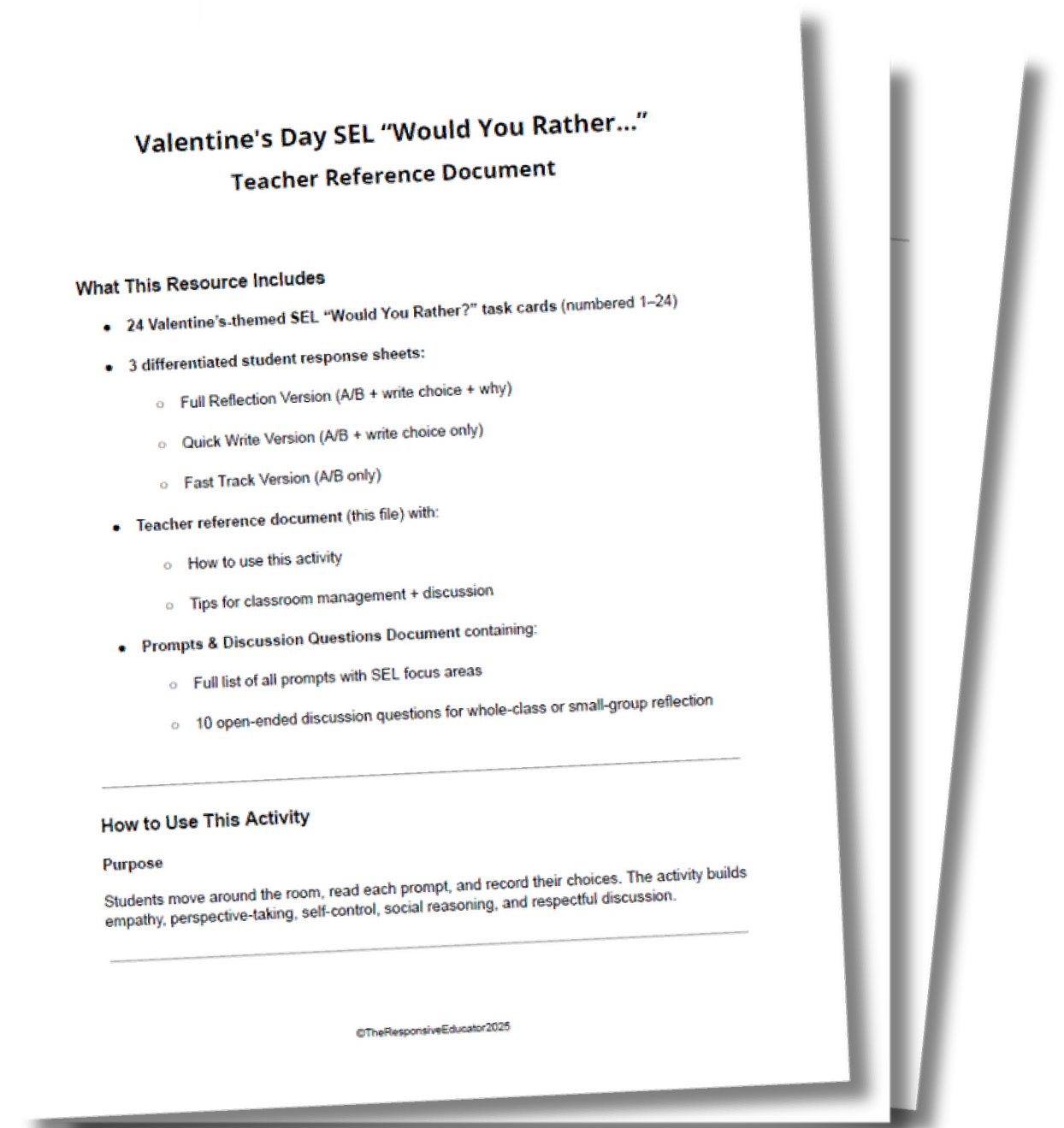
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| 4      | A B     |                            |      |
| 5      | A B     |                            |      |

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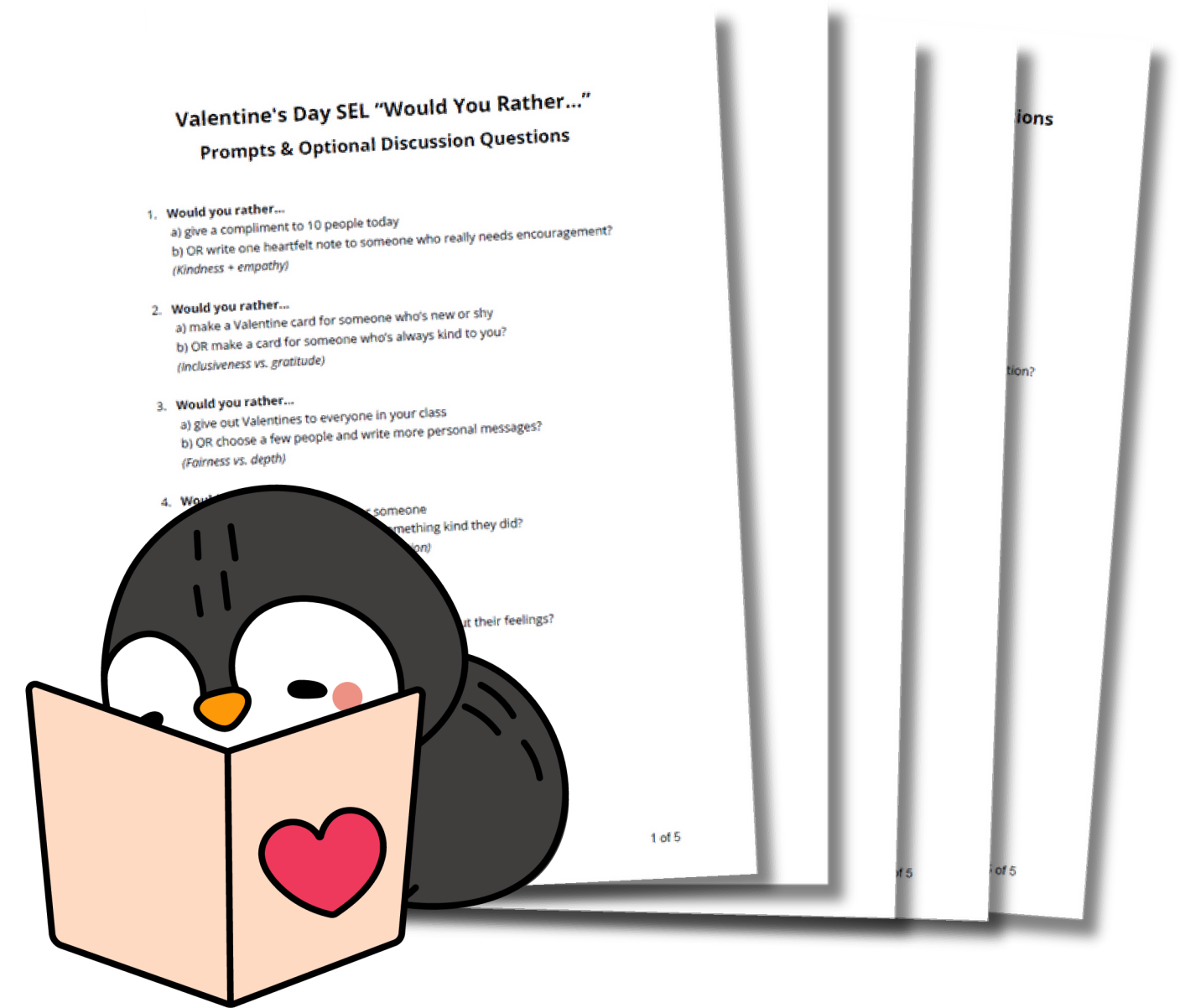
# Teacher Guide That Makes Implementation Easy

- Clear directions for printing, posting, and managing movement
- Built-in classroom management tips for smoother transitions
- After-activity ideas to deepen SEL conversations
- Quick guide for choosing the right response sheet for your students



# Built-In Discussion Questions

- ★ Full list of all prompts for quick reference
- ★ SEL focus areas included to support your lesson goals
- ★ 10 open-ended questions to spark deeper whole-class or small-group discussions



# Benefits for Teachers

## **Saves You Time During a Chaotic Week**

- ★ Print-and-go... no prep beyond posting cards.

## **Supports Positive Behavior on High-Energy Days**

- ★ Movement reduces off-task behavior and helps kids regulate.

## **Keeps Students Engaged (Not Busywork)**

- ★ Students are up, moving, reading, choosing, and reflecting.



# Benefits for Students

## Supports Emotional Regulation

- ★ Practice making thoughtful choices
- ★ Builds empathy and perspective-taking

## Builds Real Social Decision-Making Skills

- ★ Provides a healthy outlet for energy
- ★ Choosing helps them process their thinking

## Encourages Clear Communication & Reflection

- ★ Students restate choices in their own words
- ★ Optional reflection promotes deeper reasoning



# Perfect For...



- Pre-holiday schedule changes
- Centers or station rotations
- Sub plans during holiday weeks

- Morning meeting
- SEL lessons
- Counseling groups
- Movement breaks

# Looking for More Like This?

Buy  
Individually  
or Get the  
Entire  
Bundle

