

Winter Break Reset SEL Would You Rather... Write the Room Activity

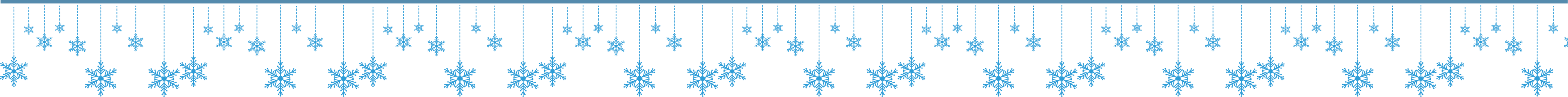
Movement +
reflection to build
seasonal social
awareness



SCROLL
to take a look inside!

24 prompts • 3 response sheets
• Grades 3–6

WHY DO YOU NEED THIS RESOURCE?

- 
- Returning after winter break = 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 dilemmas based around returning to school after winter break.



3 differentiated response sheets

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

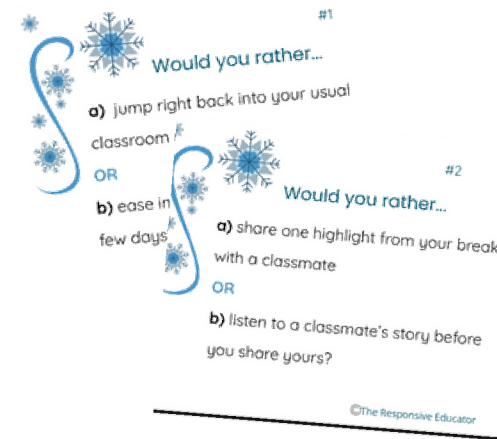


Teacher Reference Sheet (setup, tips, and follow-up ideas)



Full list of prompts + SEL discussion questions

What's Included?



Name _____ Date _____

Winter Break Reset 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 _____

Winter Break Reset 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 _____

Winter Break Reset 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		



Winter Break Reset SEL “Would You Rather...” Teacher Reference Document

What This Resource Includes

- 24 Winter Break Reset 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 Track 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.

Winter Break Reset SEL “Would You Rather...” Prompts & Optional Discussion Questions

Would you rather...

Jump right back into your usual classroom routine
OR ease in with a flexible schedule for a few days?
(transition strategy)

Would you rather...

Share one highlight from your break with a classmate
OR listen to a classmate's story before you share yours?
(social awareness + turn-taking)

Would you rather...

Set one realistic goal for the first week back
OR plan three goals to focus on for the rest of the month?
(short-term vs. long-term planning)

Would you rather...

Take a few quiet minutes each morning to reset
OR jump into your day with movement or music to get energized?
(self-regulation strategy)

Would you rather...

Reach out to a classmate who still seems unsure about being back
OR give them more time and space to adjust before talking?
(empathy + social boundaries)

Would you rather...

Come up with a New Year's goal on your own
OR ask a friend or adult to help you brainstorm one?
(goal setting + collaboration)



Response Sheets- A Closer Look

Circle-Only Sheet

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

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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 _____

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Circle + Quick Write + Reflection

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

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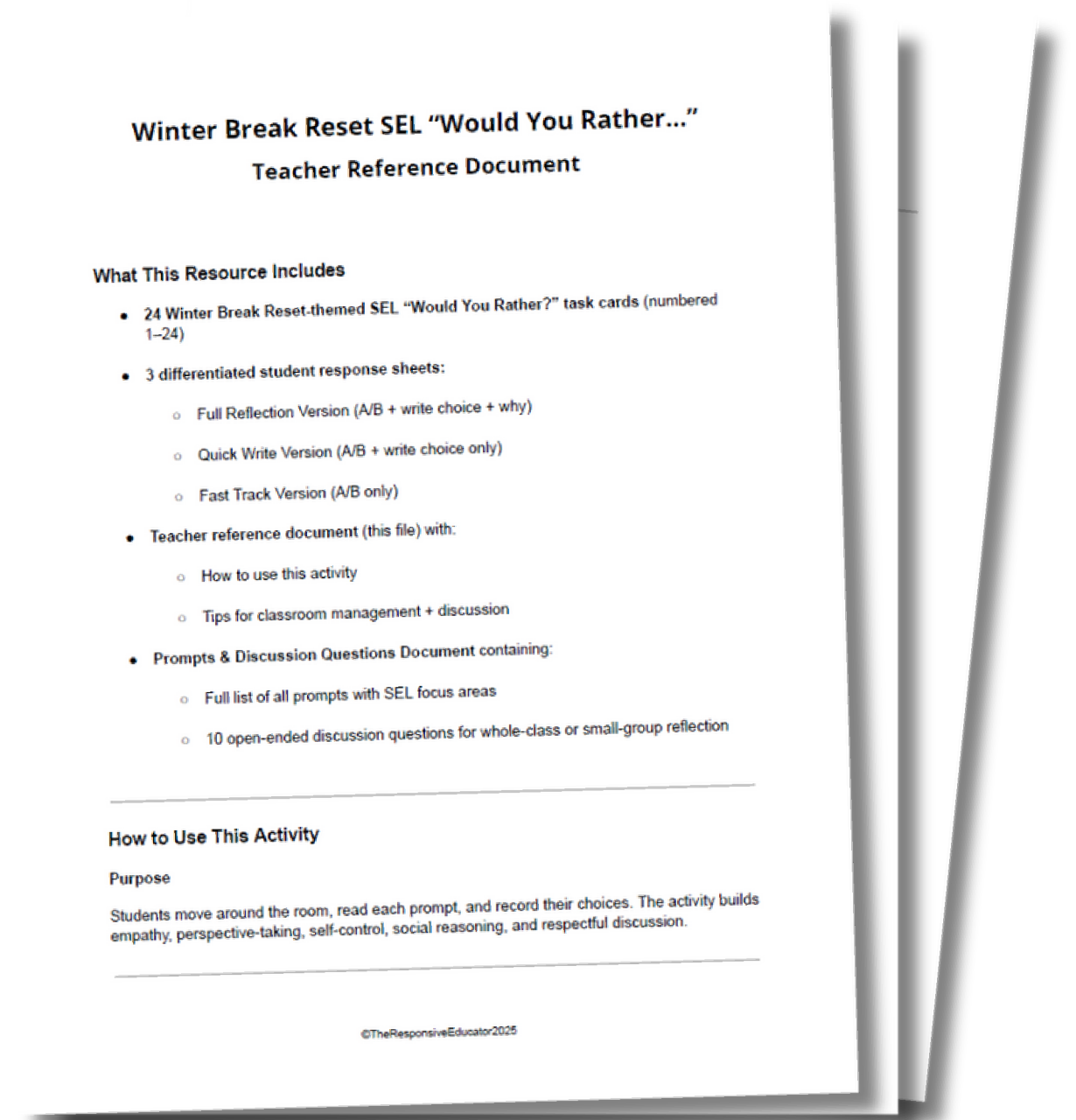
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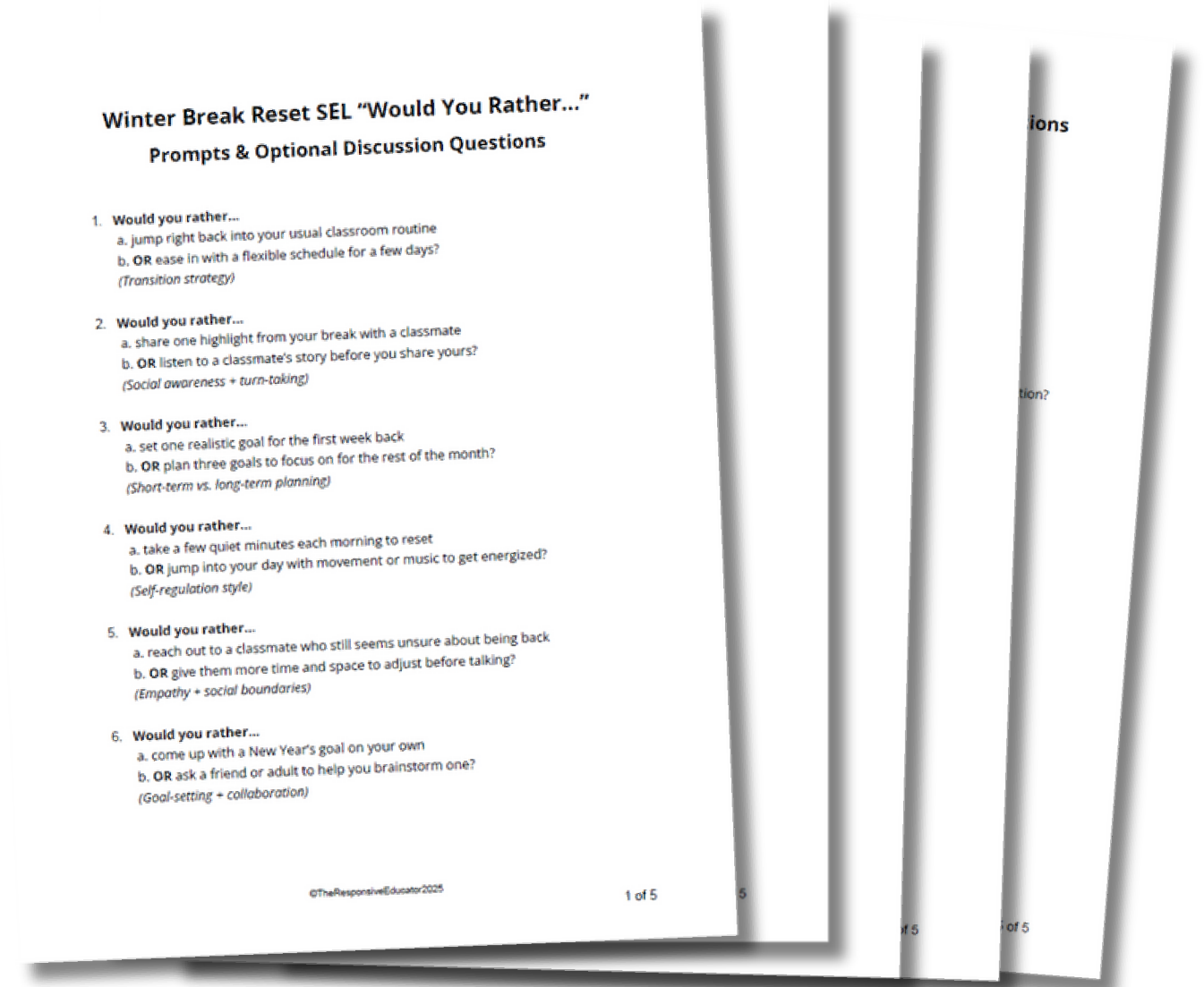
Teacher Guide That Makes Implementation Easy

- 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



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