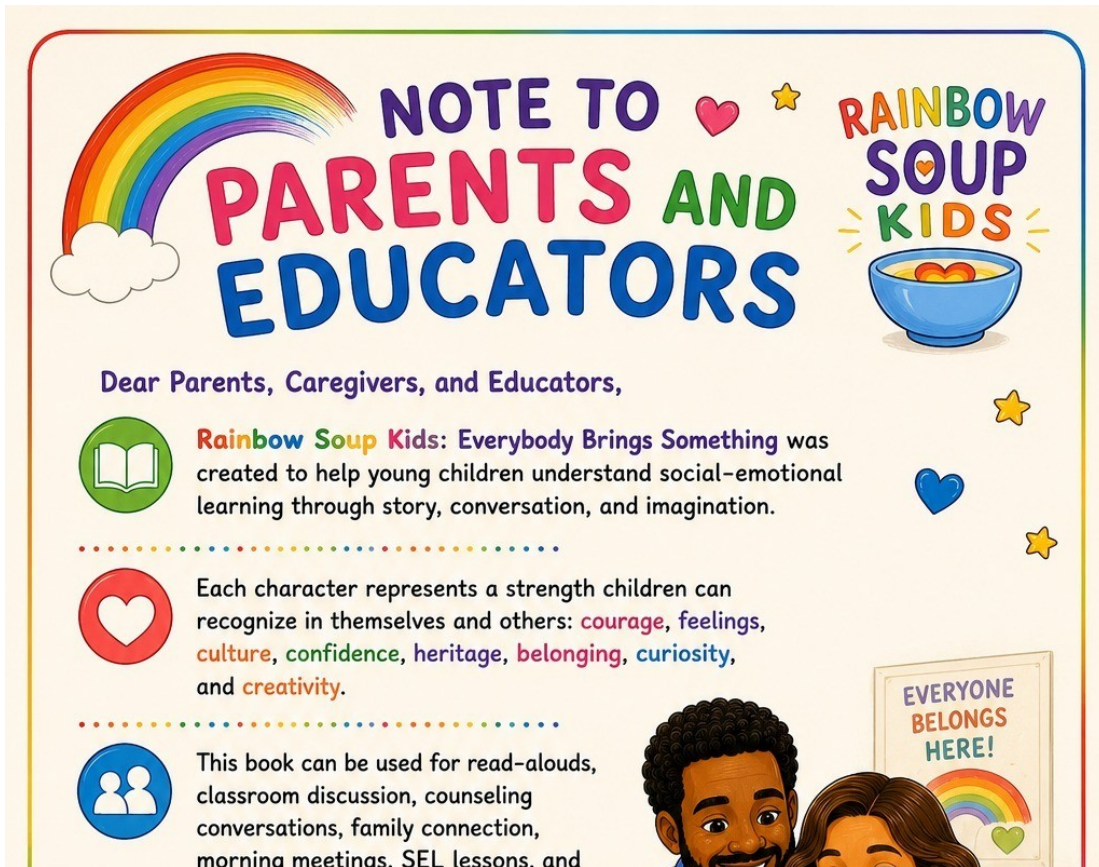


Family SEL Activity Pack

Ten-minute conversations and printables for children ages 4-8



EVERYBODY BRINGS SOMETHING

A warm, flexible way for parents, caregivers, and children to practice courage, feelings, identity, access, belonging, curiosity, creativity, and connection.

Created by Dr. Kareem Moncree-Moffett • RainbowSoupKids.com

A little practice. A lot of belonging.

Use one activity at a time. Repeat favorites. Follow the child's pace and let real life provide the lesson.



1 CONNECT	Choose a calm-enough moment. Sit beside rather than interrogating face-to-face.
2 NOTICE	Use a picture, story moment, family event, or body clue. Say what you notice without assuming.
3 NAME	Offer simple words for feelings, strengths, needs, choices, and supports.
4 PRACTICE	Try one small action together. Keep it playful, concrete, and brief.
5 CELEBRATE	Name effort and contribution: You brought courage. You helped us listen. You made access.

WORDS THAT HELP

VALIDATE Your feeling matters. You are not in trouble for having it.	OFFER CHOICE Would you like words, choices, help, movement, or quiet?
HOLD A BOUNDARY I will not let anyone get hurt. We can feel this and choose a safer action.	REPAIR We can tell the truth, listen, make it right, and practice again.

IMPORTANT
These activities support everyday learning; they do not replace professional mental-health, medical, developmental, or safety support. If a child shares a safety concern, stay calm, listen, and follow appropriate reporting or support procedures.

FAMILY LANGUAGE
Use the words that fit your household: parent, caregiver, grown-up, family person, chosen family, grandparent, auntie, uncle, sibling, guardian, or another trusted role.

SOURCES + USE NOTE
Framework references: CASEL, What Is the CASEL Framework? <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/> | Ohio Department of Education and Workforce, K-12 Social and Emotional Learning Standards: <https://education.ohio.gov/Topics/Learning-in-Ohio/Social-and-Emotional-Learning> | Accessed July 12, 2026. Alignment is interpretive and does not imply endorsement. This starter resource is not a diagnostic or high-stakes assessment.

Kareemah + Donald

Two ten-minute ways to practice Rainbow Soup strengths at home.



KAREEMAH BRINGS COURAGE

What helps me be brave?

- **Activity:** Brave Steps Share
- **Try it:** Each person names one small thing they tried, asked, or practiced even when it felt hard. Choose one family brave step for tomorrow.
- **Say:** I noticed you used courage when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

DONALD BRINGS FEELINGS

What is my feeling telling me?

- **Activity:** Feelings Weather Report
- **Try it:** Choose a weather word for your feeling: sunny, cloudy, stormy, windy, foggy, or changing. Name one thing that could help.
- **Say:** I noticed you used feelings when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

Carlos + Ryan

Two ten-minute ways to practice Rainbow Soup strengths at home.



CARLOS BRINGS CULTURAL PRIDE

What is special about my family and culture?

- **Activity:** Our Family Ingredient
- **Try it:** Share a word, food, song, saying, tradition, value, or routine that matters in your home. Explain what it carries forward.
- **Say:** I noticed you used cultural pride when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

RYAN BRINGS CONFIDENCE

What helps everyone participate?

- **Activity:** Access Hunt
- **Try it:** Look around one room or community place. Ask: Can everyone reach, understand, communicate, move, and join? Choose one improvement.
- **Say:** I noticed you used confidence when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

Jakobi + Kym

Two ten-minute ways to practice Rainbow Soup strengths at home.



JAKOBI BRINGS HERITAGE

What stories help me know who I am?

- **Activity:** Story Keeper
- **Try it:** Choose a photo, object, place, or memory. A family member tells its short story while the child draws what they want to remember.
- **Say:** I noticed you used heritage when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

KYM BRINGS BELONGING

What helps people feel safe, seen, and included?

- **Activity:** Belonging Web
- **Try it:** Name people, places, routines, and actions that help your family feel welcome. Choose one way to welcome someone else.
- **Say:** I noticed you used belonging when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

Ike + Xochee

Two ten-minute ways to practice Rainbow Soup strengths at home.



IKE BRINGS CURIOSITY

How can a good question help me learn?

- **Activity:** Wonder Walk
- **Try it:** Walk indoors or outside for five minutes. Collect three I wonder questions. Choose one safe way to learn more.
- **Say:** I noticed you used curiosity when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

XOCHEE BRINGS CREATIVITY

How can I make a new idea that helps?

- **Activity:** Create a Kind Solution
- **Try it:** Use paper or recycled materials to design something that solves a small home problem or makes participation easier.
- **Say:** I noticed you used creativity when...
- **Child choice:** Talk, draw, act, point, use AAC, partner with someone, or pass.

Our reflection:

Our Family Soup

What does each person bring to our family?



NAME: _____ DATE: _____

NO PERFECT ANSWERS

Ingredients can be strengths, stories, languages, traditions, humor, helpful actions, interests, or ways of caring.

NAME / ROLE: _____ I bring... _____ _____ _____	NAME / ROLE: _____ I bring... _____ _____ _____
NAME / ROLE: _____ I bring... _____ _____ _____	NAME / ROLE: _____ I bring... _____ _____ _____
NAME / ROLE: _____ I bring... _____ _____ _____	NAME / ROLE: _____ I bring... _____ _____ _____
NAME / ROLE: _____ I bring... _____ _____ _____	NAME / ROLE: _____ I bring... _____ _____ _____
NAME / ROLE: _____ I bring... _____ _____ _____	NAME / ROLE: _____ I bring... _____ _____ _____

When we mix our ingredients, our family becomes...

Family Feelings Recipe

Make room for the feeling, protect safety, and choose the next helpful step.



NAME: _____ DATE: _____

RIGHT NOW I FEEL...

Draw, circle, point, or name it.

I NOTICE IT IN...

My face • hands • belly • chest • voice • movement • thoughts • other.

I WANT / NEED...

Listening • space • movement • comfort • information • help • a boundary • time • other.

WE CAN TRY...

Breathe • drink water • move • use words/AAC • sit together • make a plan • ask another adult.

AFTERWARD...

What helped a little? What did not help? What can we try next time?

CAREGIVER REMINDER

Regulation is something children learn with us before they can reliably do it alone. Calm support and clear boundaries can exist together.

Our Belonging Map

People, places, routines, and actions that remind us: You are not alone.



NAME: _____ DATE: _____

TRUSTED PEOPLE Who can listen, help, protect, celebrate, teach, or stay with us? _____ _____ _____
WELCOMING PLACES Where can we be ourselves, learn, rest, play, ask, or connect? _____ _____ _____
FAMILY ROUTINES What repeated moments help us feel connected - meals, music, calls, rides, stories, walks, check-ins? _____ _____ _____
BELONGING ACTIONS How do we invite, listen, make access, include language/culture, repair harm, and share responsibility? _____ _____ _____

One person or family we want to welcome this week:

_____ _____ _____
--

Our Kindness Mission + Family Promise

Choose one caring action that is specific enough to do and notice.



NAME: _____ DATE: _____

THIS WEEK, OUR FAMILY WILL...

Who will participate?

How will we know it helped?

OUR RAINBOW SOUP FAMILY PROMISE

Every voice matters.

Every feeling matters.

Every family matters.

Every culture matters.

Every story matters.

Every child matters.

Because everybody brings something.

Signed / drawn by our family:

_____ _____	_____ _____
_____ _____	_____ _____

Seven Days of Rainbow Soup

Notice the ingredient you practiced - not whether the day was perfect.



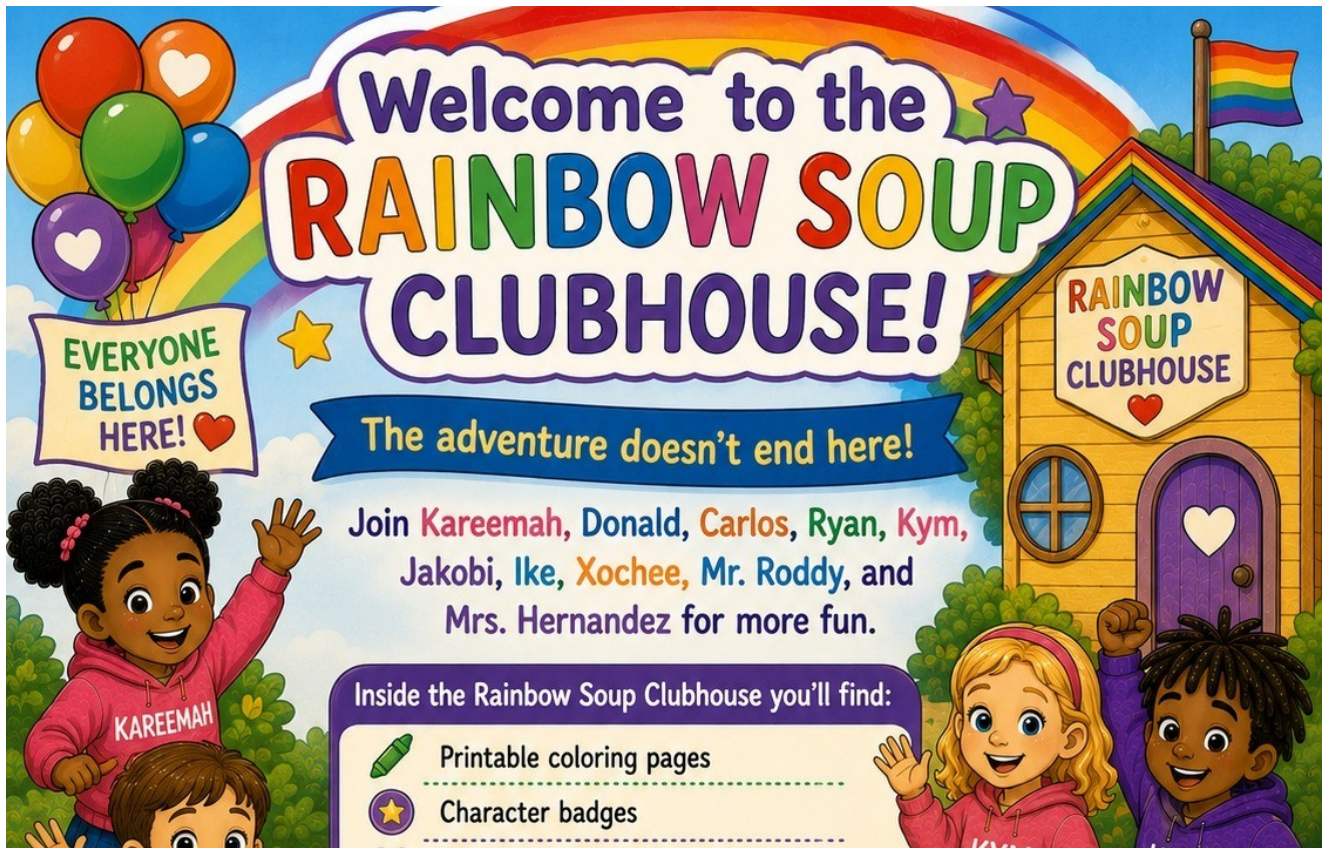
NAME: _____ DATE: _____

DAY	I BROUGHT...	A FEELING I NOTICED	A CARING ACTION	ONE THING TO TRY
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

END-OF-WEEK CONVERSATION

Which ingredient showed up most? Which one does our family want to practice next? Who helped us feel that we belonged?

DAY	I BROUGHT...	A FEELING I NOTICED	A CARING ACTION	ONE THING TO TRY
SOURCES + USE NOTE Framework references: CASEL, What Is the CASEL Framework? https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/ Ohio Department of Education and Workforce, K-12 Social and Emotional Learning Standards: https://education.ohio.gov/Topics/Learning-in-Ohio/Social-and-Emotional-Learning Accessed July 12, 2026. Alignment is interpretive and does not imply endorsement. This starter resource is not a diagnostic or high-stakes assessment.				
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KEEP THE ADVENTURE GOING

Welcome to the Rainbow Soup Clubhouse

Use the family pack as a beginning, then keep noticing what each person brings.



READ Return to a favorite Rainbow Soup Kids story moment.	NOTICE Name one feeling, strength, need, or caring action.
PRACTICE Choose one tiny action the family can try today.	CELEBRATE Tell each person what they brought to the soup.

FAMILY CLOSING

You belong in the story. You belong in your family and community. You belong in Rainbow Soup - because everybody brings something.

Visit RainbowSoupKids.com for new activities and Rainbow Soup adventures.