

SOcial **E**moTional **C**onnection
TAKE A **S.E.C.** THIS WEEK TO CHECK IN 3.5.21

This Week's MINDSET SHIFT	How Are You "Playing Your Hand?" Camping, Cribbage, & Cutting Wood
Description	This week I will tell you about my late Grandpa Kerk and how his love for the game of cribbage can inspire us all to live a richer life. I share with you how "he played his hand" and what he kept in it to keep him winning. One of his cards was the power of the ING. Moving, playing, giving, cooking, gardening, walking, hunting, fishing. He also chose to participate in life and because of that he made a big impact.
K-6 Video Link	Youtube Link: https://www.youtube.com/watch?v=-2kASRhM9yE&t=70s
7-12 Video Link	Youtube Link (Also for Staff & Parents) https://www.youtube.com/watch?v=ALKN1q78Tp4&t=11s
Reflection Prompt	<ol style="list-style-type: none"> 1. How are you playING your hand? 2. What is your "ING" that you are doing to stay healthy & happy? 3. Who is someone that had a big impact on your life? 4. What do you want to be remembered for? 5. Where can you put your worries? 6. What is something you can let go of that is weighing you down and what is something you can keep that is helping you LIVE a full and fun life? 7. What is 1 phrase you can say that will empower you?
Challenge (Action Steps)	<p>→ Participat ING in life pays off!</p> <p>◆ Choosing to move and engage daily helps you:</p> <ul style="list-style-type: none"> ● relieve stress ● lift your mood ● Have more positive energy ● pay it forward and be a blessing to others because your cup will runneth over!