

Week 8a: A World Without Butterflies

SEL WEEK

Directions: Check off the activities below as you complete them in the *Status* column. When you are presented with a choice, circle the activity you would like to complete.

Duration	Type	Title/Description	Status 
<i>SEL — Self-Awareness</i>			
5–10 min	Required (individual/ partner)	Kindness: Choose 1 activity to complete: • Each Kindness — Listen to this read-aloud to learn about kindness, compassion, and friendship. • Kindness 101 with Steve Hartman: Compassion — Steve Hartman shares stories about kindness and character. • Random Acts of Kindness — Watch this video filled with random acts of kindness.	
20 min	Required (individual)	Kindness: Choose 1 activity to complete: • Draw a picture and write a letter for someone in the same room as you. You may use a blank sheet of paper or Google Drawings to create your picture. ○ Be sure to include: ■ what you like about them ■ how they make you feel ■ something you enjoy doing with them ■ kind thoughts you have about them ○ When you are finished, share it with the person you chose. • Self-love: List 5 ways you can be kind and compassionate to yourself in your <i>Journal</i> or on paper. ○ Share your list with a partner or teacher. See if they can help add to your list. • In your <i>Journal</i> or on paper, write and illustrate your own story about someone who shows kindness to others. Read your story to a partner or with a teacher.	
10 min	Required (whole group)	Kindness: Fill up your bingo card doing as many random acts of kindness as you can in 15 minutes. If you are unable to get them all completed today, feel free to keep doing acts of kindness until your bingo card is completed.	
15 min	Required (individual)	Kindness: Practice kindness by answering questions on freerice.com . Choose a category, and your correct responses will provide rice and food for others.	
<i>Mindful Moments</i>			

10 min	Choice (individual)	• Classroom Meditation • Yoga and Movement Under the Sea • Color a Mandala Online	
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Home Connection: Tell someone at home about your acts of kindness. Consider doing an act of kindness for someone at home.

Week 8b: A World Without Butterflies

SEL WEEK

Directions: Check off the activities below as you complete them in the *Status* column. When you are presented with a choice, circle the activity you would like to complete.

Duration	Type	Title/Description	Status 
<i>SEL — Self-Awareness</i>			
10 min	Required (individual /partner)	Decision Making: Watch 2 of the videos below: • Decision Making • Making Good Choices • How to Make Good Choices In your <i>Journal</i>, share 3 tips you know about making a decision.	
20 min	Required (partner)	Decision Making: With a partner, play Would You Rather? Then, respond to the questions on the last page.	
10 min	Required (individual)	Decision Making: With a partner, play tic-tac-toe .	
<i>Executive Function Practice</i>			
10 min	Choice (individual)	• Virtual Scrabble • Play Concentration • Solve Sudoku puzzles • Chess	
<i>Mindful Moments</i>			
10 min	Choice (individual)	• Belly Breathing • Body Scan Meditation • Play a Matching Game	

Home Connection: Tell someone at home a tip you learned about making a decision. Ask them how they go about making decisions.

Week 8c: A World Without Butterflies

SEL WEEK

Directions: Check off the activities below as you complete them in the *Status* column. When you are presented with a choice, circle the activity you would like to complete.

Duration	Type	Title/Description	Status 
<i>SEL — Self-Awareness</i>			
5 min	Required (whole class)	Task Initiation: Watch these 2 videos: • Task Initiation • Knowing What to Do	
15 min	Required (whole class)	Task Initiation: As a class, use this doc to Find Someone Who .	
10 min	Required (individual)	Task Initiation Reflect: In your <i>Journal</i> , respond to the following questions: • What did you like about Find Someone Who? • What was challenging for you about Find Someone Who? • How can you initiate a task? • Why is it important to be able to initiate a task? • What distractions can you remove to initiate a task?	
10 min	Optional (individual)	Task Initiation Challenge: An Invitation	
<i>Executive Function Practice</i>			
15 min	Choice (individual)	• Play a Matching Game • Play Concentration • Solve Sudoku puzzles	
<i>Mindful Moments</i>			
10 min	Choice (individual)	• Belly Breathing • Body Scan Meditation • Color a Mandala Online	

Home Connection: Invite someone at home to do something with you. Tell them you are working on task initiation.