

Social Work - E-learning Grades 3-5 (Week6)
Choice Board

Feeling Fill out the Check-in form to let us know how you are doing. 	Calm Body - Desk Puppy Stretch Youtube video & practice 	Family Conversations Meal conversations with your family (See Below)
Feeling Create a coping sheet for each zone 	Have Fun! Play outside for at least 30 minutes a day! 	Journal Community Journal 

Have a great week! We miss you!!!

KNOW YOUR ZONE!

BLUE



Sick, Tired, Sad,
Bored, Moving
Slowly

Jedi Toolkit

GREEN



Calm, Happy,
Focused, Ready to
Learn

**Jedi
Toolkit**

YELLOW



Worried,
Frustrated, Silly,
Excited, Loss of
Some Control

**Jedi
Toolkit**

RED



Angry/Mad, Mean,
Yelling, Hitting, Out
of Control

**Jedi
Toolkit**

Possible Coping Strategies for all zones

Take a deep breath	Sit outside
Take a walk	Color/Artwork
Take a break in calming area	Movement Break
Play catch	Listen to music
Say positive statements to self	Play an instrument
Get a drink of water	Talk to a trusted adult
Read	Journal
Blow bubbles	Go for a run
Play a game	Take a nap
Get help	Alone time

Family Dinner Conversations

1. If you could go into any TV show – what show would you want to visit?
2. If you could only eat one fruit forever – what fruit would it be?
3. What are three words you would use to describe yourself?
4. What do you think you are good at?
5. If you had to pick only one – would you want to be a great singer or a great dancer?
6. If you went to another planet – what would you bring with you?
7. If you were a teacher what rules would you make?
8. If you could make your whole house out of food – what food would you use?
9. If you could have one super power what would it be?
10. If you could be an animal what would you be?
11. If you could paint the whole world – what color would you use?
12. Who is the nicest person you know?
13. If you could be anyone when you grew up – who would you want to be?
14. If you could be your favorite cartoon character – who would you be?