Morning Meeting Idea Board & Slides

(MM Agenda: Entry routine, Expectation/Agreements review, Greeting, Sharing, Activity, Regulation, Message, Closure)

Morning Meeting following a Difficult Event *linked here*

As most people seem to be accessing these resources through the SLIDES, I will continue to update resources there, but not here.

Questions or concerns? Please contact me:
wonacottm@nclack.k12.or.us

Archived Morning Meeting Ideas

Here is a link to the slide presentation.

updated 02.04.2021

Caring School Community	**Greeting** Everyone is recognized Honor identity **Sharing** Learn about each other Share about yourself, honor identity	**Activity** Fun • Joy Build community	**Regulation** Learn and practice skills to use when needed to raise or lower energy
Topic: COURAGE Partner Work Harriet Tubman video Home School Activity & Sharing	Monday's Mood Tuesday's Tunes Wednesday: Spotlight/Secret Student Thursday Thinking of Others Free Share Friday	Monday's Mood Tuesday's Tunes Wednesday: Spotlight/Secret Student Thursday Thinking of Others Free Sketch Friday	MindUP: Mindful Movement UP Regulation: Arm Circles DOWN Regulation: 4-7-8 Breating

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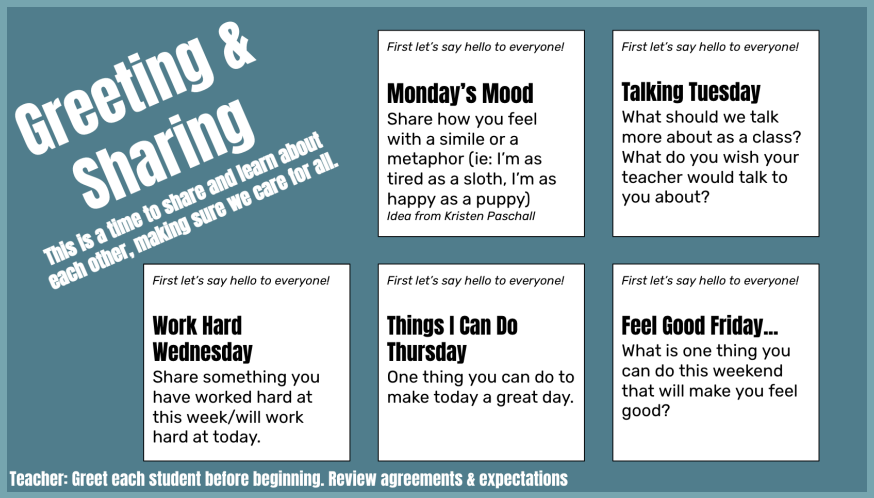
updated 01.29.2021

Greeting

Everyone is recognized
Honor identity

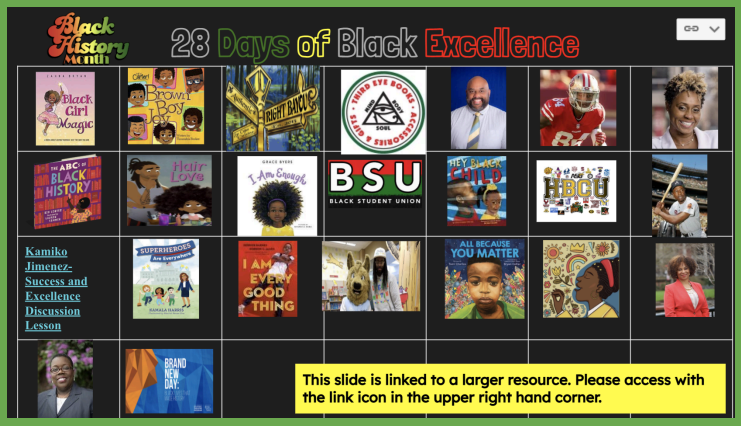
Sharing

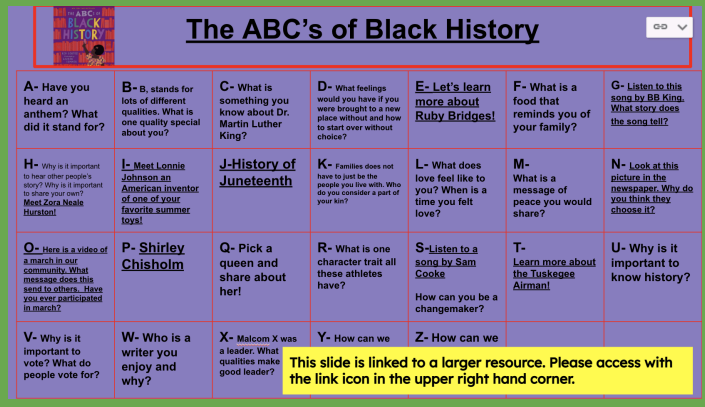
Learn about each other
Share about yourself, honor identity



Activities

Fun • Joy
Build community





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Morning Meeting Idea Board & Slides

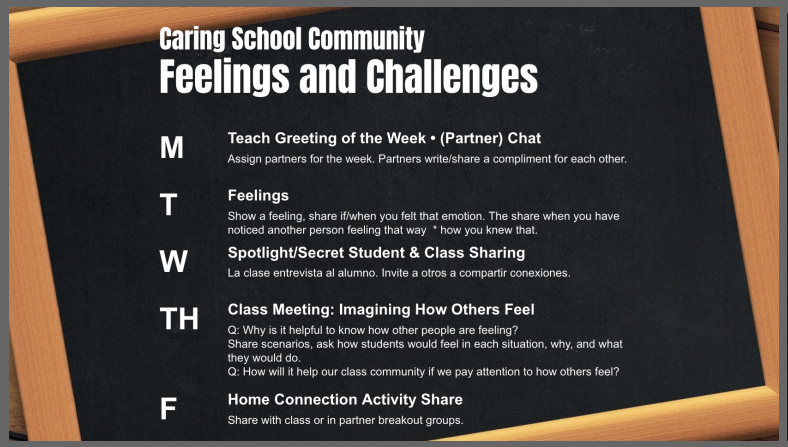
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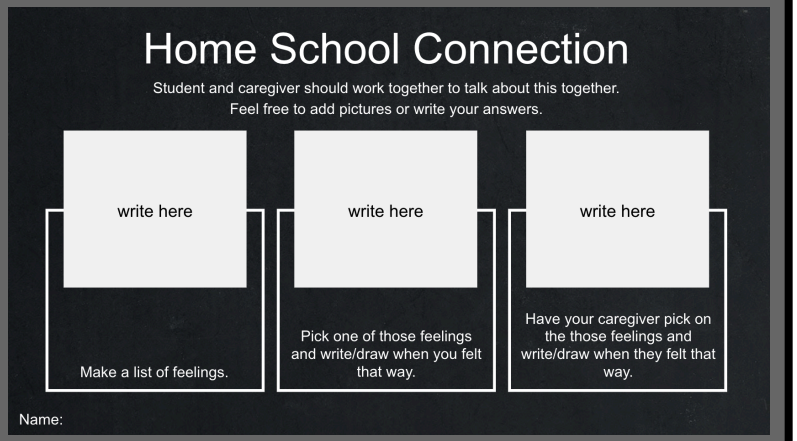
Morning Meeting following a Difficult Event *linked here*



Caring School Community

Topic Week: Feelings & Challenges





Regulation

Learn and practice skills to use when

Quick Regulation Strategies:

UP:	DOWN:

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Morning Meeting Idea Board & Slides

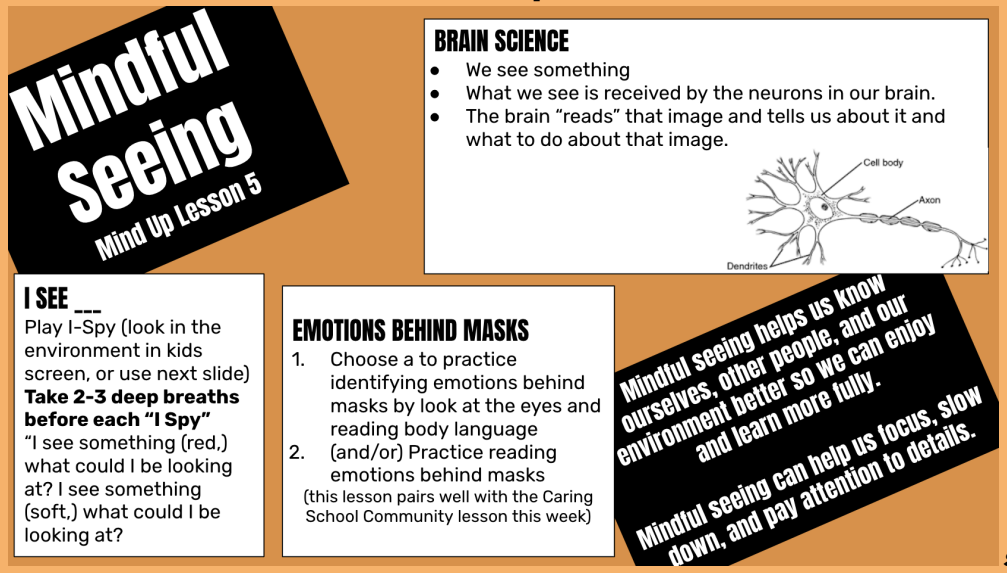
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needed to raise or lower energy

Jump Rope	Smell the soup/hot cocoa (deep breathing)

MindUp Lesson 5: Mindful Seeing



slides have additional resources

Updated 01.22.2021

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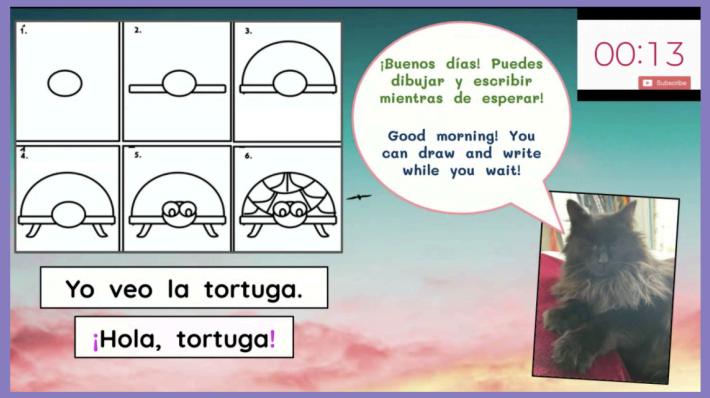
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Entry Slide

Entry Slide



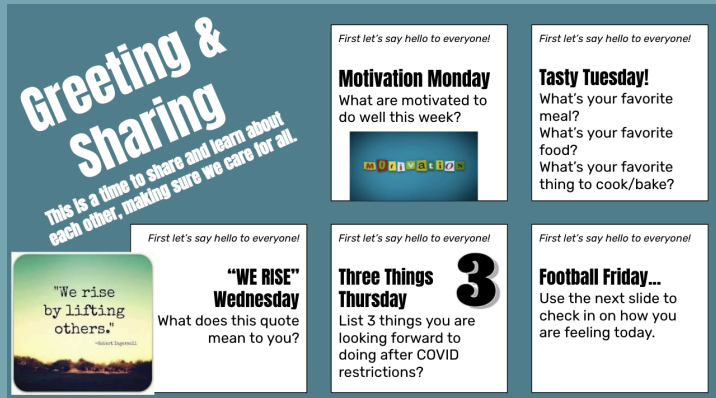
Thank you Natalie Arias for the slide!

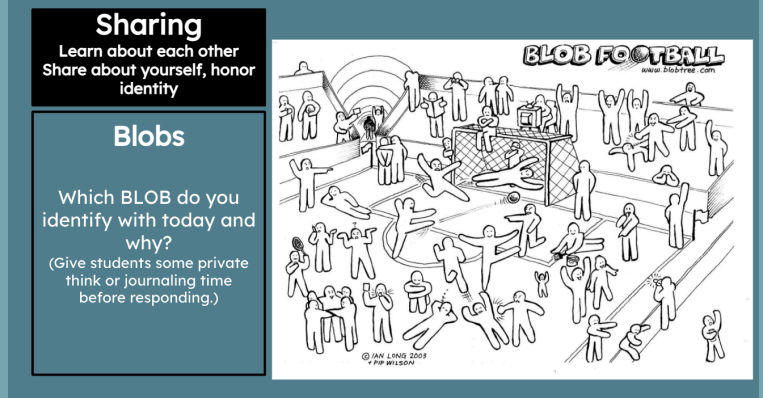
Greeting

Everyone is recognized
Honor identity

Sharing

Learn about each other
Share about yourself, honor identity





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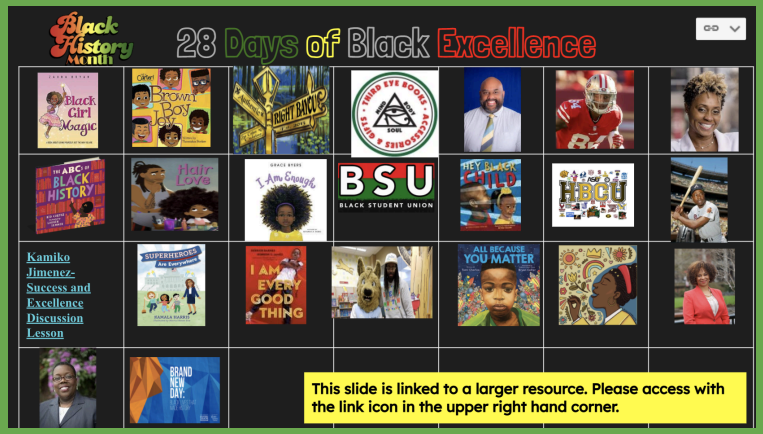
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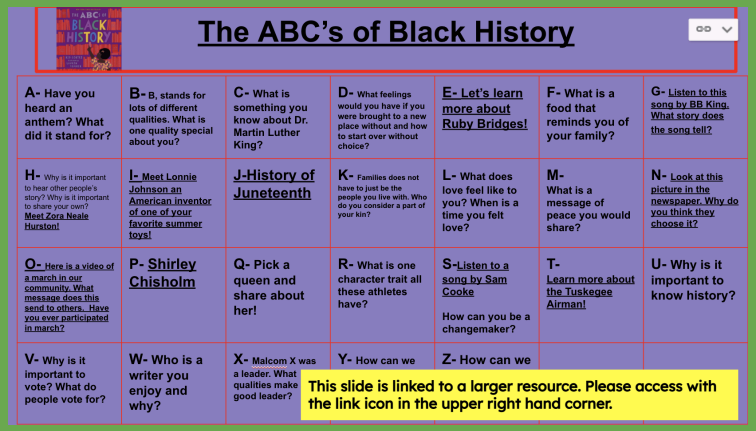
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Activities

Fun • Joy
Build community







Regulation

Quick Regulation Strategies:

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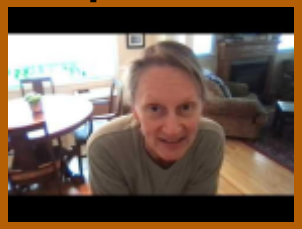
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Learn and practice skills to use when needed to raise or lower energy

UP: Hop on one foot



DOWN: Change the Channel (audio linked on slide)



Greeting	Sharing	Activity	Regulation
Everyone is recognized Honor identity	Learn about each other Share about yourself, honor identity	Fun • Joy Build community	Learn and practice skills to use when needed to raise or lower energy

Theme This Week: Alike & Different

LINK TO Dr. Martin Luther King Jr Resources (Thank you Michelle Doyle for these!)

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Morning Meeting Idea Board & Slides

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Morning Meeting following a Difficult Event *linked here*

Greeting & Sharing

This is a time to share and learn about each other, making sure we care for all.

First let's say hello to everyone!

Monday's Mood
Check in with the mood meter (slides 171/172): How do you feel now? How would you like to feel today? Find similarities & differences.

First let's say hello to everyone!

Terrific Tuesday!
What is something terrific you are looking forward to?
Find similarities & differences.
Idea from Stacy Bartley

First let's say hello to everyone!

Wellness Wednesday
How can we help when someone in our family is sick?
Find similarities & differences

First let's say hello to everyone!

Thankful Thursday
Share something you are grateful for.
Find similarities & differences.

First let's say hello to everyone!

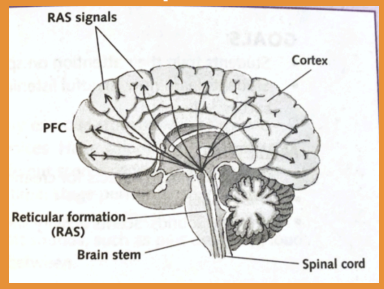
Friday Fun
What is something fun you are going to do, or wish you could do, this weekend?
Find similarities & differences

Teacher: Greet each student before beginning. Review agreements & expectations

Similarities & Differences among Partners

Put students into short breakout groups to find similarities & differences among each other (ideally 3 of each)

Mindful Listening: Mind Up Lesson 4



(see slides for more details)

Would You Rather?

Play Would You Rather and find a way to graph the results to examine similarities & differences.

What's Missing

Play with themed objects (school supplies, favorite objects, utensils, art supplies, etc…)
After playing, discuss similarities & differences (who else has __ in

Quick Regulation Strategies:

DOWN:
Change the Channel in my Brain (see slides for audio)

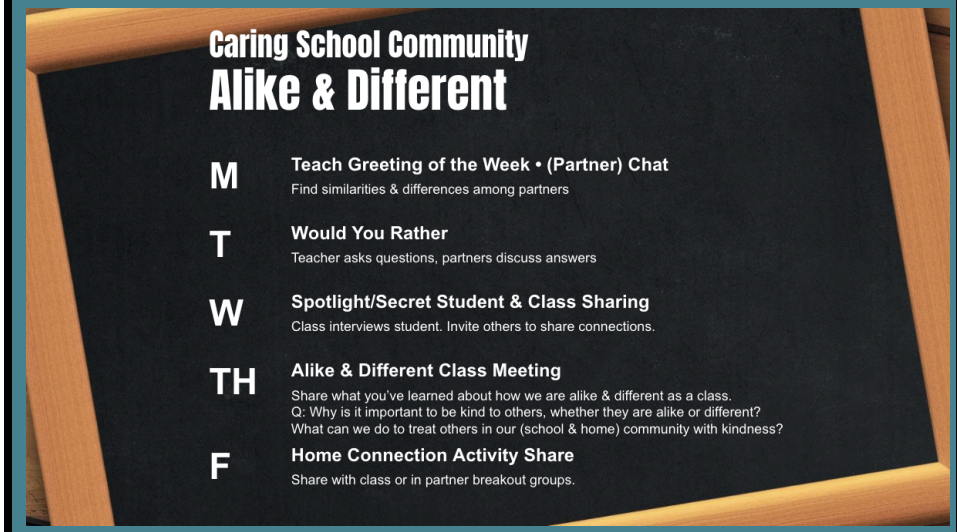
DOWN:
Hug Myself

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See slides for more details and for Home Connection Activity

their house/who else likes __ object, etc)



UP:
Dance Moves



Days of the Week Sharing *see slides*

Zoom Around the Room

Give students prompts for "show and tell"
-something that is your favorite color
-something that was a gift
-something that makes you smile

Mind Up Lesson 3
Focused Awareness & Core Practice

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First let's say hello to everyone!

Monday's Mood
Share one thing you did this weekend and how it made you feel.

(Teachers: try to expand emotional vocabulary by using the Mood Meter or another tool.)

First let's say hello to everyone!

Trying Tuesday
How would you like to feel today? What will you do to try and feel that way?
(Teachers: try to expand emotional vocabulary by using the Mood Meter or another tool.)

First let's say hello to everyone!

Wednesday Wishes
What happiness wishes do you have and for who?

First let's say hello to everyone!

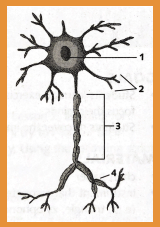
Think about it Thursday:
What are some things that make you happy about being in school this year?

First let's say hello to everyone!

Friday Feelings
What does happiness look like? What does happiness sound like? What does happiness feel like?

Teacher: Greet each student before beginning. Review agreements & expectations

Thanks for the idea Riverside!



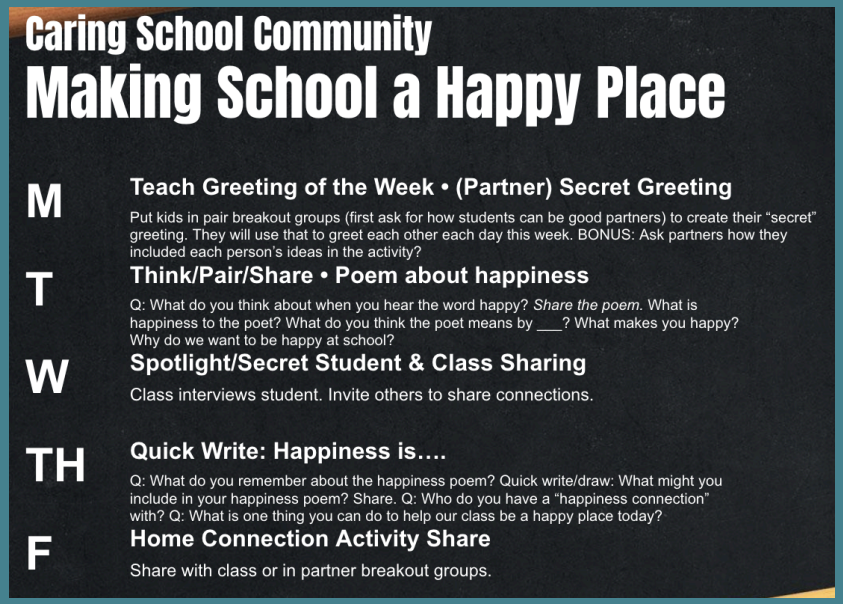
see slides for whole lesson

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Morning Meeting following a Difficult Event *linked here*



See slides for more details

Quick Sketch

Name a letter, give students 30sec. to sketch something that starts with that letter. Anyone with "matching" pictures celebrates one way, unique pictures can celebrate another way.

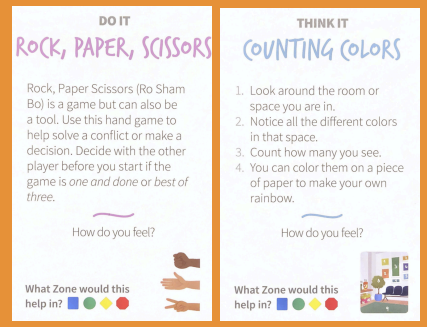
Thanks for the idea Linwood (Mr. McGowan!)

Connect Me

Teacher says a word. Students write or draw a connection they have to that word.

Bonus: Act out the word first, or use 20 questions or a Mystery Bag to guess the word/thing

Up: Rock Paper Scissors
Down: Counting Colors



VIDEO

Previous Ideas & Resources

Caring School Community:
Return from Vacation Topic Week

- Monday: Teach greeting for the week, Partner Vacation Chat
- Tuesday: Feelings Focus
- Wednesday: Spotlight/Secret Student
- Thursday: More Feelings
- Friday: Home Connection Activity Share

(please see SLIDES for more details)

Look at slides this week for instructions

Tomato Ketchup



Thanks Andrea Shanks for the idea!

MindUp review

- Mindful listening
- Story: The Three Questions
- Mindful & Unmindful behavior
- The Brain

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Days of the week Sharing

- Moody Monday: Which BLOB do you feel like & why?
- TV Tuesday: You've been hired to create a new TV show. What is the name? Who are the characters? What is it about? (*Idea from Free Spirit Publishing*)
- What If Wednesday: Conversation… What if… you are shopping for a gift for a friend's birthday tomorrow with only $15. You see a shirt you want for yourself which also costs $15. What would you do? (*Idea from Free Spirit Publishing*)
- Think about it Thursday (Riddles…)
- Friday Funnies (Jokes!)

I SPY

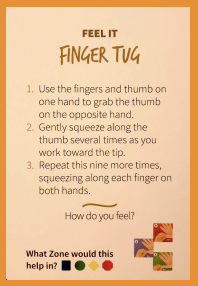


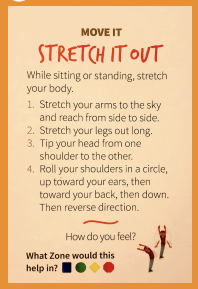
Never Have I Ever



Activities from 50 Distance Learning Icebreakers & Games — Vivify STEM

Stretch It Out (up) & Finger Tug (down)





The important part of a greeting is that students feel SEEN, RECOGNIZED and HONORED each day. Please take time to say their name and welcome them before beginning Morning Meeting.

I will be blending greetings and sharing as they can easily be done together.

Days of the week Sharing

- Moody Monday: Which BLOB do you feel like & why?
- Try Hard Tuesday: share your daily/weekly goal
- What Would You Do Wednesday?
- Thankful Thursday
- Friday Feelings: something that makes you feel OR a time when you felt mad, sad, frustrated, brave… What made you feel better? *Idea from Free*

Free Sketch Friday

Continue this doodle (teacher or student chosen) to show ___ (ie: your faorite thing to eat, someone you care about, a time you were surprised, etc…)

Idea from Free Spirit Publishing

Mindful Listening (DOWN)



5•4•3•2•1

Watch intro video for instructions

Animal Walks

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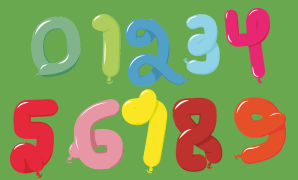
Morning Meeting Idea Board & Slides

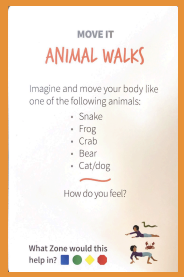
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Please see past ideas for greetings if needed.

Spirit Publishing







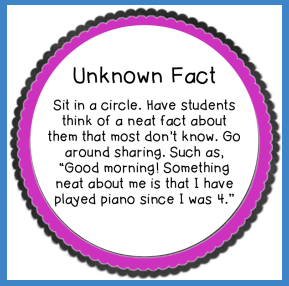
Superhero/Hero/Heroine & Power Pose

Strike a "power pose" reflecting different superheros/heros/heroines (Later this can become individuals' power poses & used in the greeting)



MindUp Lesson 2





Quick Sketch/Share

Whatever you choose to share, have students make a quick sketch to hold up or share in the chat. Can also use an app like Menimeter for wordles.

Four Corners

One student is the "leader". Have students pick a "corner" (write on whiteboard or in chat) Leader (eyes closed) calls out 1, 2, 3, or 4. Those in that "corner" are out (turn cameras off, move out of screen, etc). Continue until most kids are out. One remaining can become leader.

Triangle Stretch*(up)* & Tense & Relax *(down)*



Days of the week Greetings

- Monday's Mood

Rules of Respect (lesson one)

Ask the students if there was a time today when they felt happy

5•4•3•2•1

Watch intro video for instructions

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- Tuesday Tune (sing hello)
- Wacky Face Wednesday
- Thumbs up Thursday
- Friendly Friday- greet a friend

and respected. What made them feel that way? Make a "Looks Like•Sounds Like•Feels Like" chart for RESPECT

Idea from Teaching Tolerance: December Dilemna



double click to watch

Fish Lips

After a student is greeted they can make fish lips in response.



Idea from Tina Opzeeland

A Hope



Share a hope you have post-election.

Idea from Evan McKay

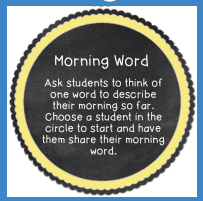
I am a Tree

Morningside Center for Teaching Social Responsibility

MindUp & Core Practice



Morning Word



Greet & share a word from their morning.

An Important Item



Share something important to you and explain why it's important.

Idea from Stacy Bartley

Decode the Emoji



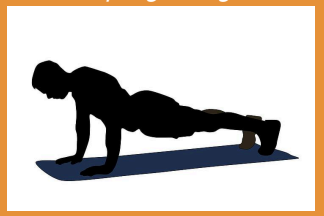
=fun

=cat

Idea from Andrea Shanks
see slides for her emoji alphabet

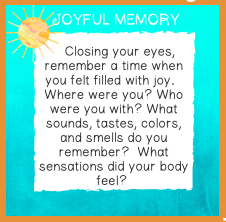
Push Ups

Up regulating



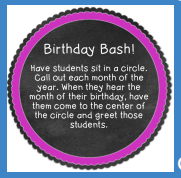
Joyful Memory

Down regulating



video link

Birthday Greetings



Greet students by their birthday month

Throw It Away Thursday



If you had to throw away all your possessions except for ONE, what would you keep?

Feelings Scavenger Hunt

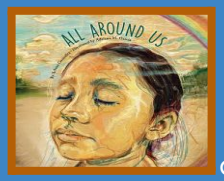
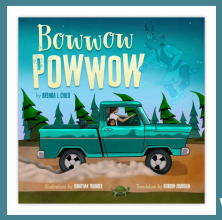
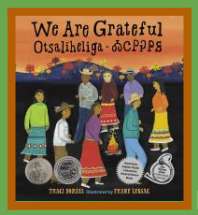


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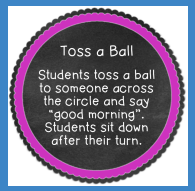
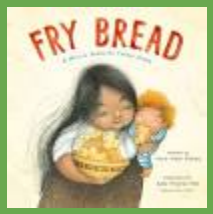
		link to worksheet	
Funny Voices Say hello in a funny voice (squeaky, robot, deep, whisper, etc.)	**Try Hard Tuesday** What has been a challenge for you during online school? (What have you had to "try hard" to do?)	**Feelings Charades** Pull a feeling out of a hat. Have students change facial expression to show feelings OR act out what might make them feel that way. *Idea from Mirella Carrera*	DOWN **Flower Breathing**  *Idea from wholeheartedschoolcounseling@gmail.com*
Friday Greeting "Hey there ____ the weekend is near, what will you do when it is here?"	**Funny Question Friday** If you could have anything come out of the school drinking fountain, what would you choose? OR Invent a new toothpaste flavor!	**Mystery Bag** Play 20 questions for students to guess what is in the bag! Once they know how to play students can have their own bag.	UP **Cross Body Toe Touches** 
Native American Heritage Month connections (as these are linked to a book reading and may take more time, you may want to introduce just one a week/day)			
Circle Greeting  Circle through students- they greet who is next to them in the "circle" on the screen. OR make a	**Celebrations**  What is a	**We are Grateful**  Pick a season you	DOWN **Sun Breath** 

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Morning Meeting Idea Board & Slides

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circlewith your arms when greeted.	celebration you have with your family? Share about it.	are grateful for and act it out.	
Virtual Ball Toss Pretend to toss to another student  *Idea from Third in Hollywood*	**Wednesday Words** Invites students to consider a meaningful, inspirational, or thought-provoking quotation *Idea from Facing History and Ourselves*	Native American Heritage Month connection:  Act out cooking Fry Bread (or other food)	UP **In & Outs** 
¡Hola Hola!  *Idea from Maestra Lisset*	**Voting** Have students vote between two dinosaurs (add your own ideas!) Students can keep tally on their white boards at home. *Idea from Maestra Lisset*	**Touch Blue**  *Idea from The Morningside Center*	DOWN **Loving Kindness** *Idea from Greater Good Science Center*
WORLD KINDNESS DAY is November 13: WATCH THIS VIDEO from MindUp about Kindness			
Kindness Hello When you greet a friend make a gesture of kindness (heart hands, helping hands, etc)	**Kind Acts & Thoughts** Share something kind you have done for others, or others have done for you.	**Mirror Me & Mirror Neurons** (Mirror Me from last week but connect to Mirror Neurons)	DISCUSSION **Kindness Video**  Discuss connection between mirror neurons and regulation.

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Animal Sounds Sharing

Each student will make the sound of a favorite animal when they are greeted.

Idea from Caring School Community

Words that start like our name/our partner's name

Quick write/think: what words start with the same first as your name (or your partner's name if you do weekly partners.)

Idea from Caring School Community

Sync Up

- Give students a clue as to your word (ie: think of a food from Taco Bell)
- Count 3-2-1- you say the word (students stay muted)
- Check to see who was in "sync"

Idea from Andrea Shanks

UP & DOWN

Ear Nose Switcharoo

Touch your left ear with your right hand and at the same time touch your nose with your left hand. Then have switch hands. Breath out when you're done.

Idea from We Are Teachers

High Five Five

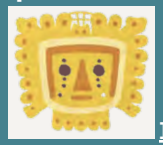


Each person greets 5 others with a virtual high 5

Idea from Third in Hollywood

Native American Heritage Month Sharing:

How is the sun important to you?



Inka facts

See slides for more info!

Mirror Me



UP

Squats



Have students do 5-10 squats to get some more energy!

Friday French Fries

Say "Good morning, _____" to a classmate and wiggling two fingers like French fries.

Idea from Responsive Classroom

Monday's Mindfulness



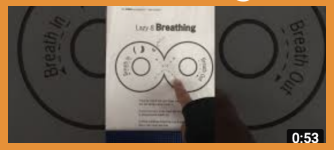
Still as a Rock

When you say "Go," student start doing directed movement until you say "As still as a rock." They stop and stay still until you say "Go" again.

Idea from Responsive Classroom

DOWN

Lazy 8/Infinity Breathing



Idea from Zones of Regulation

Jump In Jump Out

Monday Music

Follow the Leader

Shake your hands as if shaking off excess water • March in place, lifting your knees, start swinging your arms • Slow things down • Sway from side to side like a tree •

UP & DOWN

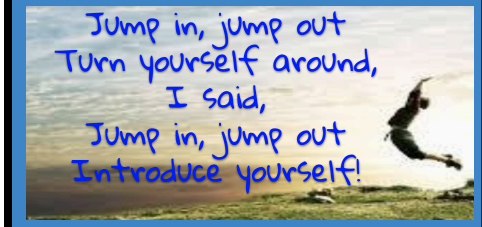
Body Percussion

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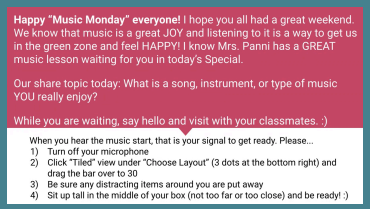
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YouTube & Idea from Stephanie Benischek



Idea from Beth Barakat

Twist slowly from side to side from your core • Bend your body down to touch your toes • Hop little hops, and gradually getting further off the ground • Next jump from side to side• Stomp your feet



Idea from Brian Borin

Jumping Jacks

After a simple greeting, everyone does one jack for each syllable in a student's name

Tuesday Travels



If you could travel on an airplane, where would you go?

Idea from Emilia Evans

Name that Tune



Idea from Beth Barakat

UP

Bouncing on your toes



Greeting Slides

Put student pictures on slides. Have the student just greeted greet the person on the next slide.

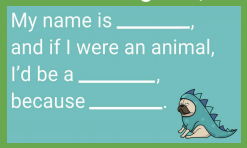
Idea from Sunny Nelson

Friday Fitness

Students can share something specific to how they stay healthy: favorite healthy food, favorite exercise, favorite place to go for a walk, etc

Name Charades

(students can share & act out, or act out for others to guess)



Idea from the Morningside Center

DOWN

Number Tracing Breath



Name Game

Each person will say their name while making a gesture, then the whole group will in unison repeat the person's name while making

Try My Best Tuesday

If You're Happy and You Know It

UP & DOWN:

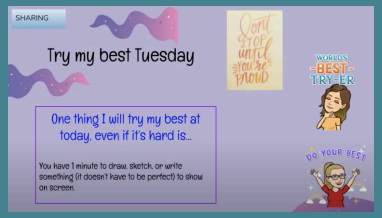
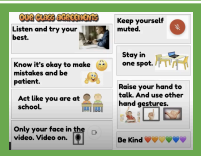
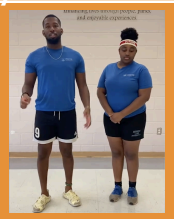
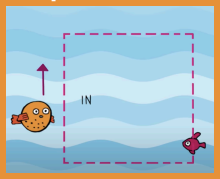
Move with Nature

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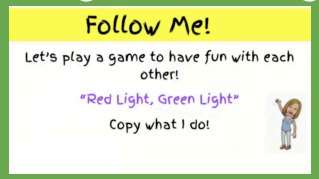
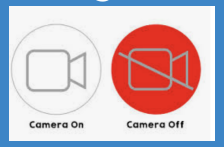
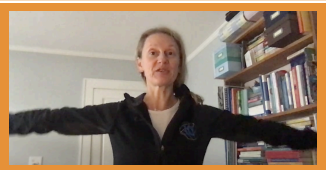
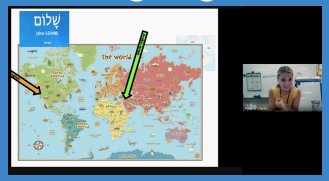
their gesture.	 Sketch or write, then gallery walk Idea from Ms. Martin		Move with Nature These are two videos I like to use for movement. You can find many more on YouTube. *These types of videos are great for REGULATION as well as incorporating movement into their day.* 1. This first video is of plants. Kids can use a scarf, etc. to help with the movement of the plants growing and swaying or just use their own bodies. 2. The second video has animals, waters as well as other aspects of nature to move with. Idea from Ms. Brown
Good Morning to Anyone Who... Name categories that describe students- if it does not describe them have them move off camera, greet some. Continue until all have been greeted.	Glow & Grow What's one thing that you would like to change about y/our school that would make it a better place for you? • What's one thing that you love about y/our school that makes it a positive place for you?	Meeting Agreements, What's Missing?  Idea from Ms. Shanks	UP: Rhythm Matching 
BE HERE NOW & JOY Good morning ____, what do you see/hear/taste/feel/smell around you? (Let kids choose which sense to ask their neighbor about. Encourage a couple seconds before responding which will support mindfulness.)	BE HERE NOW & JOY JOKES! Share something that makes you laugh or brings you joy Share something that helps you feel better when you're upset or helps you focus.	BE HERE NOW & JOY *Activities should always be about fun and joy!* Have class pick their favorite activities for the week from all you've done this year	DOWN: Sky2Floor Breathing  Idea from Mr. Bateman
Funny face: Make a funny face when you've been greeted	Share something you find comforting	Draw Leader draws a simple picture out of the screen and gives simple directions for others to draw. After 4-5, see if pictures match.	***down***: Square Breathing 

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Morning Meeting Idea Board & Slides

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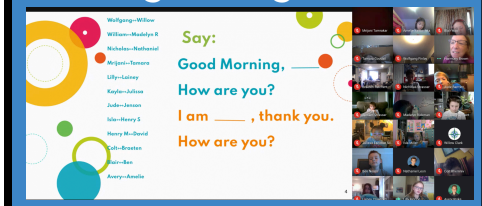
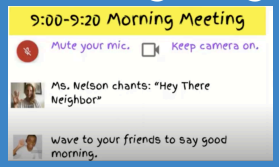
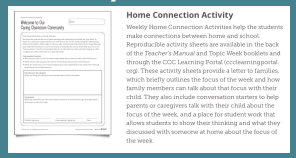
		Ms. McGean	video
Each teacher greets student, then student returns the greeting Miss Evans	Emoji feelings share 	Red Light Green Light  video: Ms. Nelson	***down***: Flower Breath  Miss Evans
Pass greeting on & mute camera after you've been greeted 	High/low (good/hard moments)  Could also be used for closing circle	Simon Says  video	***up:*** Arm Circles Forward and Back  video
Greet in different languages 	Moody Monday  Something you did over the	Weekday Song  Miss Wong's 1st Grade	Jump in a Square  **UP** Regulate

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Ms. Shanks' 3rd Grade	weekend and how it felt		
Students pass the greeting on 	Secret Student (or) Spotlight Student  (Caring School Community- CSC)	Would You Rather? (lean in/lean out) 	Progressive Muscle Relaxation  **DOWN** Regulate
Greeting song  Ms. Nelson's 1st Grade	Friday Families  CSC: Home Connection Sharing	Charades  (Likely will need to modify)	5 Finger Breathing  **DOWN Regulate**

NEWEST Morning Meeting Ideas

updated 01.22.2021

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Morning Meeting Idea Board & Slides

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Entry Slide	 **Thank you Jennifer Darlington for this slide!**

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Morning Meeting Idea Board & Slides

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Morning Meeting following a Difficult Event *linked here*

Greeting
Everyone is recognized
Honor identity

Sharing
Learn about each other
Share about yourself, honor identity

Greeting & Sharing

This is a time to share and learn about each other, making sure we care for all.

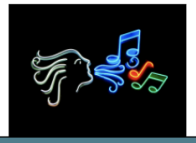


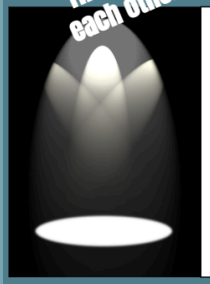
First let's say hello to everyone!

Monday's Mood
Mad/Sad/Glad share (pick one that connects to your weekend and explain)
How did that emotion feel in your body?

First let's say hello to everyone!

Tuesday Tunes
Favorite song/artist





First let's say hello to everyone!

Wednesday
Secret/Spotlight Student

First let's say hello to everyone!

Thursday Thinking of Others
What would make people excited if they could return to school? What might make them nervous?

First let's say hello to everyone!

Free Share Friday



Teacher: Greet each student before beginning. Review agreements & expectations

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Greeting

Everyone is recognized
Honor identity

Sharing

Learn about each other
Share about yourself, honor identity



Activities

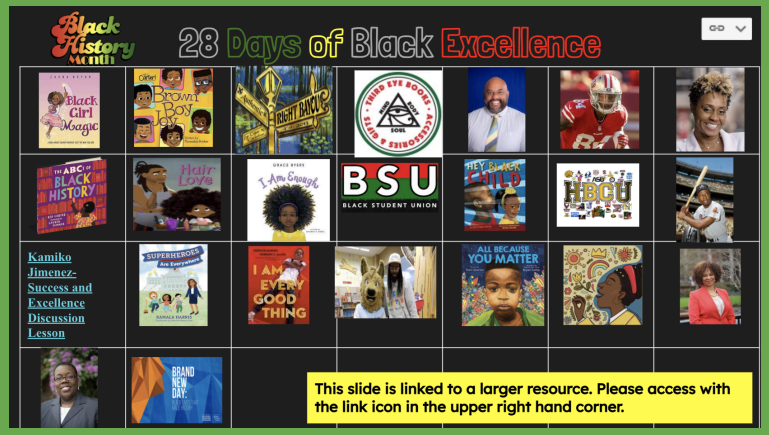
Fun • Joy
Build community

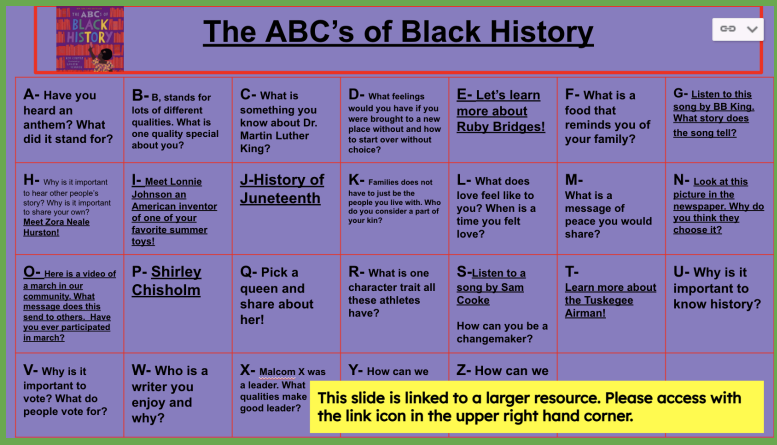
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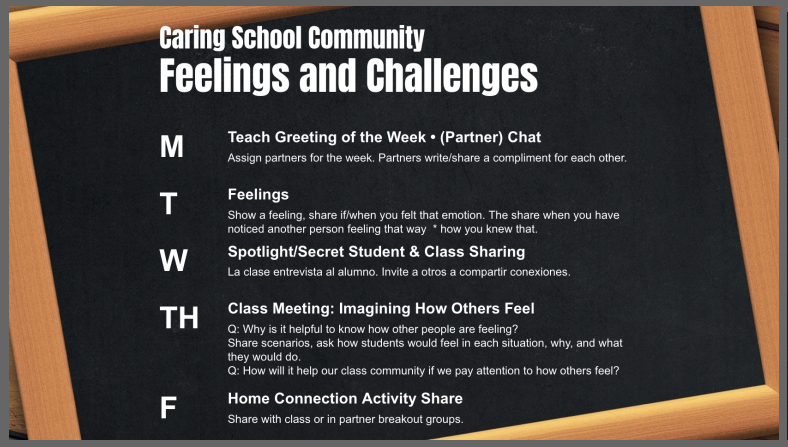
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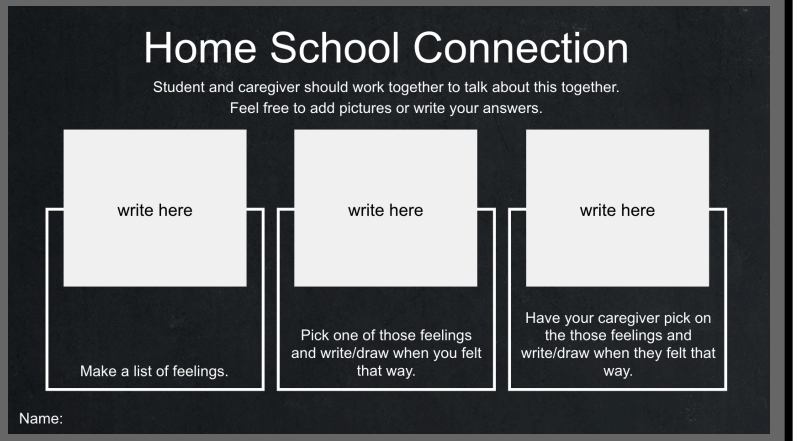
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Morning Meeting following a Difficult Event *linked here*

Caring School Community

Topic Week: Feelings & Challenges





Activities

Fun • Joy
Build community

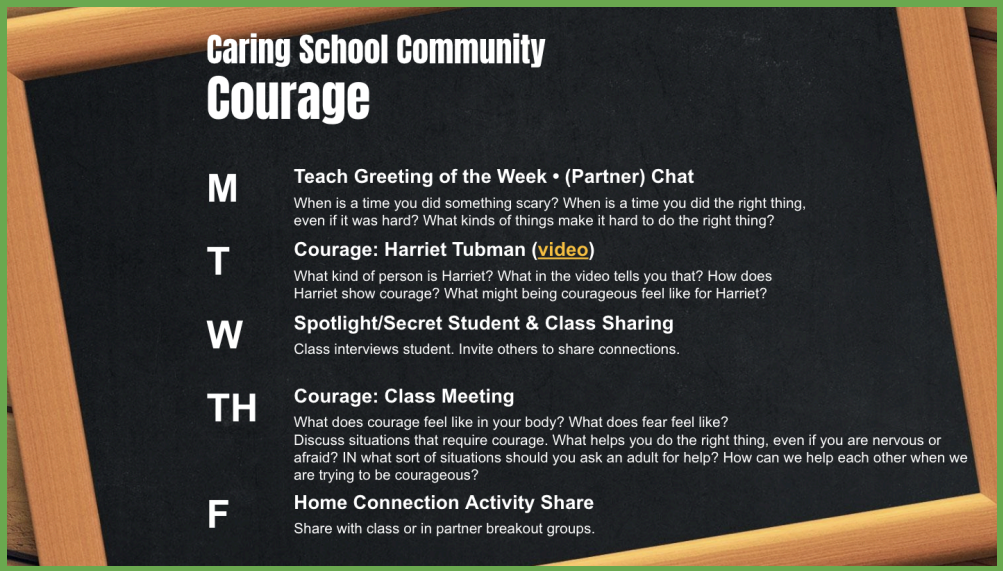


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Regulation

Learn and practice skills to use when needed to raise or lower energy

Quick Regulation Strategies:

UP:	DOWN:
Jump Rope	Smell the soup/hot cocoa (deep breathing)

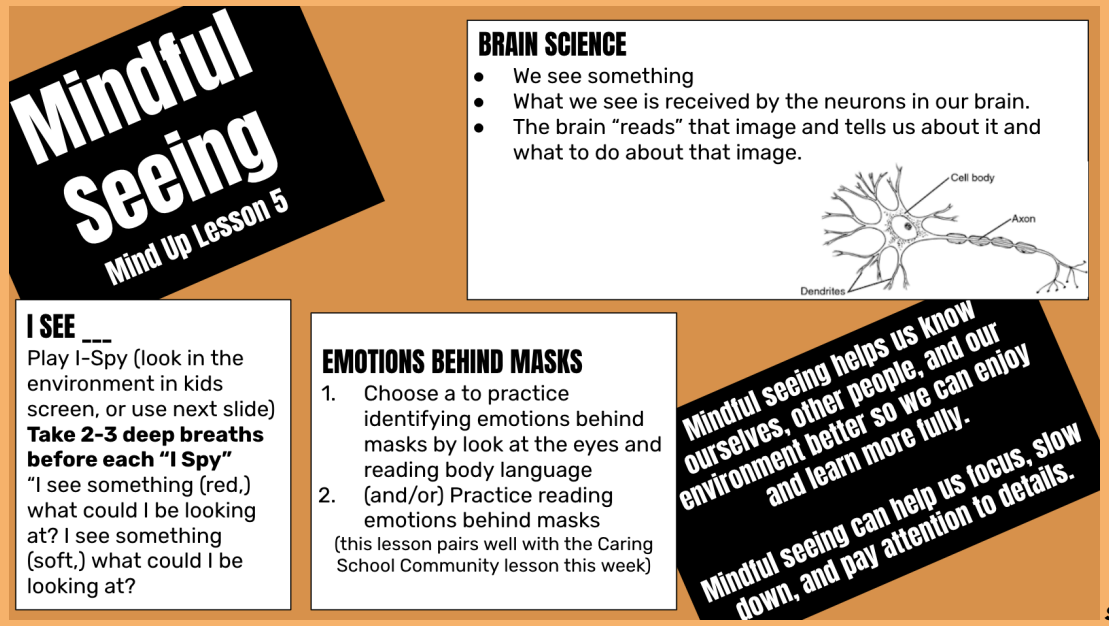
MindUp Lesson 5: Mindful Seeing

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Morning Meeting following a Difficult Event *linked here*



slides have additional resources

Regulation

Learn and practice skills to use when needed to raise or lower energy

Quick Regulation Strategies:

UP:	DOWN:
Arm circles	4-7-8 breathing

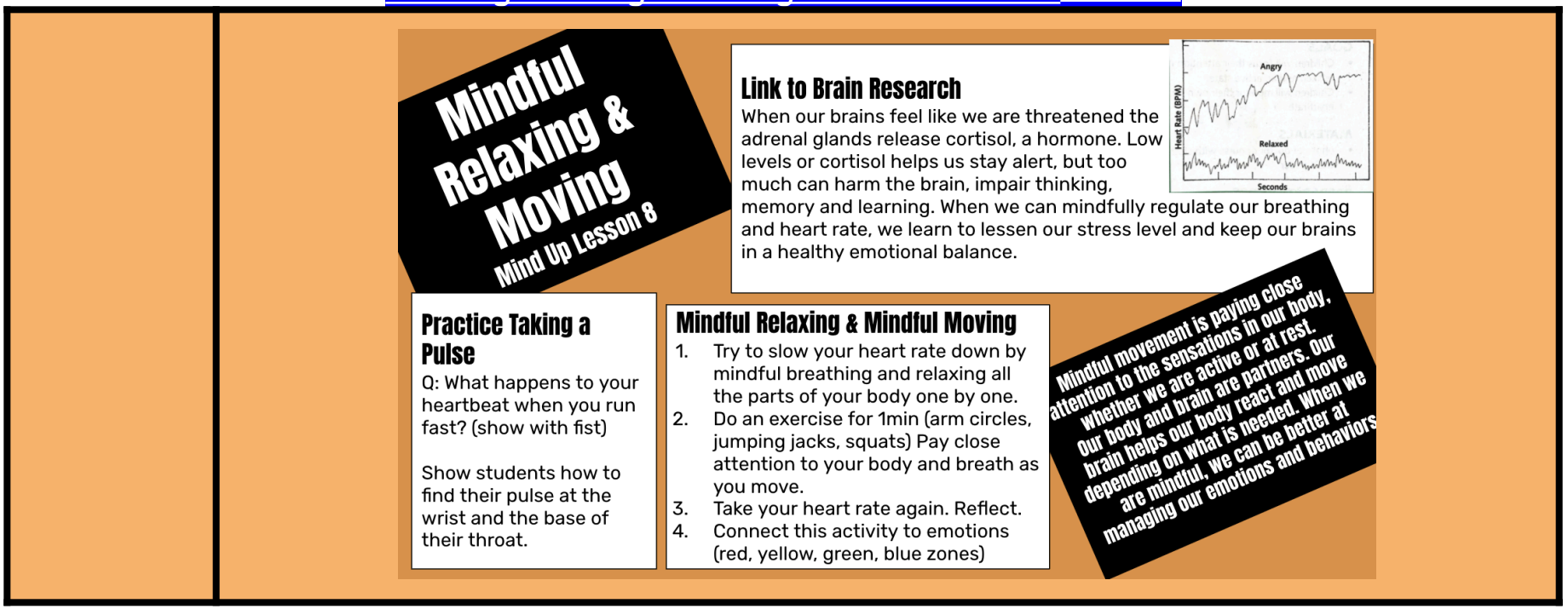
MindUp Lesson 8: Mindful Relaxing & Mindful Moving

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More Ideas for Morning Meetings

(Initial SEL4CDL PD slides)

Belonging:
Relationship is one of the **strongest antidotes to the negative effects of trauma**. It refers to the **universal deep human need** to feel connected to others—to belong—in relationships characterized by warmth, support, and trust. A sense of belonging develops through good SEL practices in learning environments. **Positive attachment—a sense of belonging—suppresses stress responses and aids healing**; attachment provides safety, which supports emotional and behavioral regulation.

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Morning Meeting following a Difficult Event *linked here*

Goals of Morning Meeting:

- To set a tone for respectful and engaged learning in a climate of trust.
- To create the positive power of community by fulfilling students' needs to belong, to feel significant, and to have fun.
- To model and practice social and emotional skills.
- To merge social, emotional, and academic learning

Components	Ideas & Links	Equity & Trauma Informed Practices
GREETING Think about not just ***what*** you will do to greet, but also ***how***: • Teacher greets one kid at a time with a hand movement • Teaching "passes" the greeting to each student and they greet another, etc • Teacher greets 3-4 kids at a time and they respond with a hand movement • Greeting song • Others?	Greeting students (at the door) sets a positive tone and can increase engagement and reduce disruptive behavior. When teachers use strategies like (greeting,) they help "establish a positive classroom climate in which students feel a sense of connection and belonging," the study authors write. "This is particularly important considering the research demonstrating that achievement motivation is often a by-product of social belonging." In other words, when students feel welcome in the classroom, they're more willing to put time and effort into learning. LINK ❑ Wave ❑ Fist bump ❑ Round of applause ❑ Hurray hands ❑ High five ❑ Sparklers ❑ French Fry Fingers ❑ Peace sign ❑ Pinkie Wave ❑ Hug ❑ Name song/add pictures ❑ Funny Face	➔ Honor identity (who we are, who others say we are, and who we want to be ➔ Meet students needs for belonging

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Morning Meeting following a Difficult Event *linked here*

	❏ Baby Shark ❏ Binoculars ❏ We are here chant ❏ Say your Name echo (mics off except teacher and student saying name) ❏ Pass the Greeting (student greets another student to "pass") ❏ Strike a Pose ❏ Jump In/Jump Out- ❏ Hello Neighbor! ❏ Action Name Greeting ❏ "Ball toss" Greeting ❏ Greet in different languages ❏ Jump Up ❏ Dance move greeting ❏ Name Game	
SHARING	*Sharing provides an opportunity to build community and build belonging, to honor student autonomy and voice, to learn about our students, to practice listening skills and build skills of social awareness.* ❏ ___ makes me feel ____ ❏ Me too/That's me/Just Like Me ❏ Favorite _____(color, food, game, movie, song, thing to do outside, snack, etc) -one word share ❏ Monday Memory/Weekend News ❏ Tuesday Tunes- ❏ Something that makes you happy ❏ Wednesday Wish ❏ Friday Friends ❏ Sometimes I feel…. ❏ Show and Tell	Cultural Responsiveness: Recognize and build upon the cultural strengths of the individuals you serve, especially those who are racially, ethnically, culturally, and linguistically diverse. ❏ Ask students and families about their strengths Emotional Wellness: Acknowledge what we have been through, and create space for healing. ❏ Ask students to share how they/their families have

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Morning Meeting Idea Board & Slides

(MM Agenda: Entry routine, Expectation/Agreements review, Greeting, Sharing, Activity, Regulation, Message, Closure)

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	❏ My hopes for ___ grade ❏ Feelings share (I feel ___ when ___) ❏ Pets (I have or wish I had..) ❏ Thankful Thursday (What are you thankful for?) ❏ Thursday Thinking of Others (ie: how I help others, something nice I could do for others,) ❏ Best thing about my day ❏ Compliements ❏ Mad/Sad/Glad, High/Low, Rose/Thorn/Bud ❏ Emoji feeling share ❏ Secret/Spotlight Student ❏ Feelings & Needs Share Out Tool	dealt with current events Voice/Choice/Empowerment: ❏ Solicit student and adult voice regarding current practices and new ideas for moving forward.
ACTIVITY	*Activities are fun ways to build engagement and connection to the teacher and the community. They can also serve as regulatory brain breaks after sharing.* ❏ Follow me/Simon Says ❏ Catch the Pattern (rhythmn clapping- keep mics off!) ❏ Interactive Song (physical movement actions) ❏ Pantomime/Charades: shape, activity, animal, letter, occupations, etc- ❏ If I were a ____ ❏ Would You Rather? (lean in and out of the screen for choices)- ❏ 4 Corners (fingers, chat, cards) ❏ Oliver Twist ❏ Freeze Dance ❏ As Still as a Rock- ❏ Red Light Green Light- ❏ Just Like Me (movement if you agree) ❏ Interactive Poems ❏ Mystery Bag/Number/Letter/Word etc..-	❏ Books Celebrating Black Heroes

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	❏ Jamboard questions ❏ Who remembers? ❏ Which is True? (a truth and a lie) ❏ Skip counting exercises (with jumping jacks, high knees, toe taps, etc) ❏ Heads or Tails ❏ Shake it Down ❏ Spelling Karate ❏ Yoga poses ❏ What's Missing? ❏ Name that Tune-	
REGULATION SKILLS **For both UP regulating & DOWN regulating**	*When we are worried or too excited or we don't have a sense of autonomy, we're less able to rise to a challenge, and sometimes we get stuck. Regulation skills and strategies can help give us a sense of control, even during an uncertain time so our brain can be more open to learning.* ❏ Choose your Zone - ❏ Square Breathing-, Box Breathing ❏ Lazy 8 Breathing or Figure 8 Breathing (Self Management)- ❏ 5-4-3-2-1 Grounding (Self Management) ❏ Practicing Gratitude ❏ Finger Breathing- ❏ Mindfulness: Feeling Positive (credit: Mindful.org) ❏ Jump in a Square- ❏ Rhythm Matching ❏ Arm circles- ❏ Bounce on your Toes- ❏ Number Tracing Breath- ❏ Squats- ❏ Finger Fitness	

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	❏ Balloon Breathing	
Expectations & Agreements	*Ideas for reviewing:* a few more ways I tweak reviewing expectations each day. The ones I have on the slide. 1.) Have kids turn away from camera so you can only see their backs. Delete one of the agreements. Can they find the one missing. I did this with 2 or 3. 2.) Make idea #1 harder on the same day or save for the next day by....move around the agreements so they aren't in the same order/position. I even twisted/rotated some of them. Then had them turn their backs to me, deleted one and saw if they could guess which one was missing. 3.) Then on another day I had them all think of one in their head. Then I asked them to stand up without telling me which one they chose. I then said one of them and if that was the one they chose then they sat down. Fun to see who is standing last for kids. (and even if they aren't totally honest, not a huge deal because my goal of reviewing/hearing agreements was met. 4.) The one you saw where I thought of one and they tried to guess it. And I do not change it to be the last one said ;) I for real pick one and stick with it. I did this 2 days in a row and it just so happened that they basically guessed mine last :) I'm just that tricky I guess. 5.)On the third day of doing the one above, I had a kid think one in their head and they called on other kids to guess (basically removing myself from the game/review). May be hiccups with this one if kid can't see all kids, but I just jump in and tell them who's raising their hand if they can't see. Of I could share my screen with them during this part. 6.) Of course way back at the beginning I put numbers on them and they	

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	showed me the ones they thought they personally were especially good at. And then also which one they think they would have to focus on more. 7.) Same idea as number 6, but asked them to think of our class as a whole community and show me number we are good at as a class and what we needed to work on. 8.) I can't remember, but I think I may have had a kid act one out and the rest of us try and guess. Kids could guess with raised hand or enter the number in the chat. Some variations to review agreements to keep it interesting :) Andrea Shanks Linwood Elementary 3rd Grade 🥑	

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Resources:

- First Ten Days of Morning Meetings: Purposeful and Engaging Plans in Response to COVID-19
- Ideas for Virtual Morning Meetings
- Moving Forward as a Resilient Community: Equity & Trauma Informed Guidance for Focusing on Social Emotional Health and Wellness
- Getting to Know You Virtually
- Isolated Students May Struggle to Stay Mentally Healthy
- Social Emotional Leraning Activity Calendar
- Opening & Closing Routines from Facing History & Ourselves
- 50 Educational Brain Breaks that Your Students Will Love!
- SEL Strategies in Virtual Setting 4-6-20.pdf
- **Social Emotional Learning and Equity in a Responsive Classroom: includes culturally responsive ideas for Morning Meeting**
- November is Native American Heritage Month: ACTIVITY GUIDE GUÍA DE ACTIVIDADES
- Brain Breaks - 20 awesome ways to energize your students FAST!
- Games to Nourish Community -
- Back to School Guide for Students
- November 2020 Happiness Calendar
- Momentous Brain Book
- ASSET At-Home Toolkit
- Morning Meeting Greetings
- 72 Free Social Emotional Learning Activities (Centervention)
- Feelings Thermometer (Momentous)
- December Dilemna lessons (Teaching Tolerance)
- Copy of 54321 Digital Brain Break
- 50 Distance Learning Icebreakers & Games — Vivify STEM
- Online Games to Get Your Class Engaged & Connected (Morningside Center)
- 20 Fun Zoom Games for Kids

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