

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 Breathing

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updated 01.29.2021

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

Share how you feel with a simile or a metaphor (ie: I'm as tired as a sloth, I'm as happy as a puppy)
Idea from Kristen Paschall

First let's say hello to everyone!

Talking Tuesday

What should we talk more about as a class?
What do you wish your teacher would talk to you about?

First let's say hello to everyone!

Work Hard Wednesday

Share something you have worked hard at this week/will work hard at today.

First let's say hello to everyone!

Things I Can Do Thursday

One thing you can do to make today a great day.

First let's say hello to everyone!

Feel Good Friday...

What is one thing you can do this weekend that will make you feel good?

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

Activities

Fun • Joy
Build community



This slide is linked to a larger resource. Please access with the link icon in the upper right hand corner.



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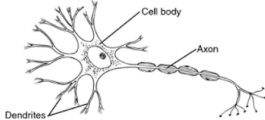
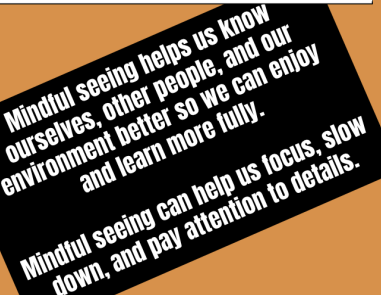
[Morning Meeting following a Difficult Event](#) *linked here*

	<div data-bbox="762 272 1560 727"> <h2>Activities</h2> <p>Let's have some fun, find some joy and build community!</p> <div data-bbox="846 475 1087 711"> <h3>Origami</h3> <p>Search for easy origami patterns Send materials home Create during Morning Meeting</p> <p><i>Thanks Natalie Arias for the idea!</i></p> </div> <div data-bbox="1108 305 1266 394"> <h3>Black History Month Activities</h3> <p>See preceding slides for resources</p> </div> <div data-bbox="1318 280 1560 516"> <h3>Trading Places</h3> <p>Everytime the leader calls out a trait you identify with (short hair, ate cereal for breakfast, etc), you need to change where you are on the screen (left side/right side/far away/close up) or change your body position)</p> </div> <div data-bbox="1108 532 1371 719"> <h3>Two Truths and a Lie</h3> <p>Everyone writes Students take turns reading theirs, kids guess which one is the lie.</p> <p><i>Thanks Kristen Paschall for the idea!</i></p> </div> <div data-bbox="1350 532 1518 686"> <h1>21</h1> </div> </div>	
<p>Caring School Community</p> <p>Topic Week: Feelings & Challenges</p>	<div data-bbox="405 776 1161 1222"> <h2>Caring School Community Feelings and Challenges</h2> <div> <div>M</div> <div>T</div> <div>W</div> <div>TH</div> <div>F</div> </div> <div> <h3>Teach Greeting of the Week • (Partner) Chat</h3> <p>Assign partners for the week. Partners write/share a compliment for each other.</p> <h3>Feelings</h3> <p>Show a feeling, share if/when you felt that emotion. The share when you have noticed another person feeling that way * how you knew that.</p> <h3>Spotlight/Secret Student & Class Sharing</h3> <p>La clase entrevista al alumno. Invite a otros a compartir conexiones.</p> <h3>Class Meeting: Imagining How Others Feel</h3> <p>Q: Why is it helpful to know how other people are feeling? Share scenarios, ask how students would feel in each situation, why, and what they would do. Q: How will it help our class community if we pay attention to how others feel?</p> <h3>Home Connection Activity Share</h3> <p>Share with class or in partner breakout groups.</p> </div> </div>	<div data-bbox="1182 776 1938 1222"> <h2>Home School Connection</h2> <p>Student and caregiver should work together to talk about this together. Feel free to add pictures or write your answers.</p> <div> <div> <div>write here</div> <div>Make a list of feelings.</div> </div> <div> <div>write here</div> <div>Pick one of those feelings and write/draw when you felt that way.</div> </div> <div> <div>write here</div> <div>Have your caregiver pick on the those feelings and write/draw when they felt that way.</div> </div> </div> <p>Name: _____</p> </div>
<p>Regulation</p> <p>Learn and practice skills to use when</p>	<div data-bbox="405 1255 1938 1417"> <h2>Quick Regulation Strategies:</h2> <div> <div>UP:</div> <div>DOWN:</div> </div> </div>	

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needed to raise or lower energy	Jump Rope	Smell the soup/hot cocoa (deep breathing)
	<div><h3>MindUp Lesson 5: Mindful Seeing</h3><div><div>BRAIN SCIENCE<ul style="list-style-type: none">• We see something• What we see is received by the neurons in our brain.• The brain "reads" that image and tells us about it and what to do about that image.</div><div>I SEE ---<p>Play I-Spy (look in the environment in kids screen, or use next slide) Take 2-3 deep breaths before each "I Spy" "I see something (red,) what could I be looking at? I see something (soft,) what could I be looking at?"</p></div><div>EMOTIONS BEHIND MASKS<ol style="list-style-type: none">1. Choose a to practice identifying emotions behind masks by look at the eyes and reading body language2. (and/or) Practice reading emotions behind masks (this lesson pairs well with the Caring School Community lesson this week)</div><div></div></div><p><i>slides have additional resources</i></p></div>	

Updated 01.22.2021

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<p>Entry Slide</p>	<div data-bbox="762 269 1581 724"> <p>Entry Slide</p> <p>¡Buenos días! Puedes dibujar y escribir mientras de esperas!</p> <p>Good morning! You can draw and write while you wait!</p> <p>Yo veo la tortuga.</p> <p>¡Hola, tortuga!</p> </div> <p><i>Thank you Natalie Arias for the slide!</i></p>
<p>Greeting Everyone is recognized Honor identity Sharing Learn about each other Share about yourself, honor identity</p>	<div data-bbox="415 813 1919 1227"> <div> <p>Greeting & Sharing</p> <p><i>This is a time to share and learn about each other, making sure we care for all.</i></p> <p>Teacher: Greet each student before beginning. Review agreements & expectations</p> </div> <div> <p>First let's say hello to everyone!</p> <p>Motivation Monday</p> <p>What are motivated to do well this week?</p> <p>First let's say hello to everyone!</p> <p>Tasty Tuesday!</p> <p>What's your favorite meal?</p> <p>What's your favorite food?</p> <p>What's your favorite thing to cook/bake?</p> <p>First let's say hello to everyone!</p> <p>Three Things Thursday</p> <p>List 3 things you are looking forward to doing after COVID restrictions?</p> <p>First let's say hello to everyone!</p> <p>Football Friday...</p> <p>Use the next slide to check in on how you are feeling today.</p> </div> <div> <p>Sharing</p> <p>Learn about each other Share about yourself, honor identity</p> <p>Blobs</p> <p>Which BLOB do you identify with today and why?</p> <p>(Give students some private think or journaling time before responding.)</p> </div> <div> <p>BLOB FOOTBALL</p> </div> </div>

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<h2>Activities</h2> <p>Fun • Joy Build community</p>	 <p>This slide is linked to a larger resource. Please access with the link icon in the upper right hand corner.</p>	 <p>This slide is linked to a larger resource. Please access with the link icon in the upper right hand corner.</p>
<h2>Regulation</h2>	<h2>Quick Regulation Strategies:</h2>	

Activities

Let's have some fun, find some joy and build community!

Mystery Food

Play 20 questions with food (Combine or do after Tasty Tuesday)



Mirror Me

Leader moves slowly, everyone else tries to follow body movements. Trade leaders often so all can participate if they are comfortable.



Which One Doesn't Belong



Thanks Ms. Coppedge for the idea! (enlarge image)



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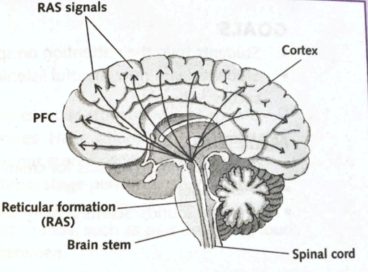
Learn and practice skills to use when needed to raise or lower energy	UP: Hop on one foot 	DOWN: Change the Channel (audio linked on slide) 

Greeting 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
Theme This Week: Alike & Different LINK TO Dr. Martin Luther King Jr Resources (Thank you Michelle Doyle for these!)			

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<div data-bbox="121 289 478 571"> <h2>Greeting & Sharing</h2> <p>This is a time to share and learn about each other, making sure we care for all.</p> </div> <div data-bbox="268 555 478 571"> <p>First let's say hello to everyone!</p> </div> <div data-bbox="520 305 730 516"> <p>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.</p> </div> <div data-bbox="520 555 730 571"> <p>First let's say hello to everyone!</p> </div> <div data-bbox="772 305 982 516"> <p>Terrific Tuesday! What is something terrific you are looking forward to? Find similarities & differences. <i>Idea from Stacy Bartley</i></p> </div> <div data-bbox="772 555 982 571"> <p>First let's say hello to everyone!</p> </div> <div data-bbox="268 597 478 743"> <p>Wellness Wednesday How can we help when someone in our family is sick? Find similarities & differences</p> </div> <div data-bbox="520 597 730 743"> <p>Thankful Thursday Share something you are grateful for. Find similarities & differences.</p> </div> <div data-bbox="772 597 982 743"> <p>Friday Fun What is something fun you are going to do, or wish you could do, this weekend? Find similarities & differences</p> </div> <div data-bbox="121 766 718 782"> <p>Teacher: Greet each student before beginning. Review agreements & expectations</p> </div>	<h2>Similarities & Differences among Partners</h2> <p>Put students into short breakout groups to find similarities & differences among each other (ideally 3 of each)</p>	<h2>Mindful Listening: Mind Up Lesson 4</h2>  <p>(see slides for more details)</p>
	<h2>Would You Rather?</h2> <p>Play Would You Rather and find a way to graph the results to examine similarities & differences.</p>	<h2>Quick Regulation Strategies:</h2> <p>DOWN: Change the Channel in my Brain (see slides for audio)</p> <p>DOWN: Hug Myself</p>
	<h2><u>What's Missing</u></h2> <p>Play with themed objects (school supplies, favorite objects, utensils, art supplies, etc...) After playing, discuss similarities & differences (who else has __ in</p>	

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Caring School Community Alike & Different

M

Teach Greeting of the Week • (Partner) Chat

Find similarities & differences among partners

T

Would You Rather

Teacher asks questions, partners discuss answers

W

Spotlight/Secret Student & Class Sharing

Class interviews student. Invite others to share connections.

TH

Alike & Different Class Meeting

Share what you've learned about how we are alike & different as a class.
Q: Why is it important to be kind to others, whether they are alike or different?
What can we do to treat others in our (school & home) community with kindness?

F

Home Connection Activity Share

Share with class or in partner breakout groups.

See [slides](#) for more details and for Home Connection Activity

their house/who else likes __
object, etc)

CONNECT HUG MYSELF

1. Wrap your arms tightly around yourself.
2. Take a deep breath in and out as you give yourself a hug.
3. Fill your heart with love.
4. Tell yourself, "I love you."

How do you feel?

What Zone would this help in? ■ ■ ■ ■ ■



UP: Dance Moves

MOVE IT DANCE MOVES

Make up your own dance moves that feel good to you.

- Stand up and move your body.
- Shake out your arms and legs.
- Move your hips around.
- Tap your toes.

How do you feel?

What Zone would this help in? ■ ■ ■ ■ ■



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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	<p><i>First let's say hello to everyone!</i></p> <p>Monday's Mood Share one thing you did this weekend and how it made you feel. <small>(Teachers: try to expand emotional vocabulary by using the Mood Meter or another tool.)</small></p>	<p><i>First let's say hello to everyone!</i></p> <p>Trying Tuesday How would you like to feel today? What will you do to try and feel that way? <small>(Teachers: try to expand emotional vocabulary by using the Mood Meter or another tool.)</small></p>
<p><i>First let's say hello to everyone!</i></p> <p>Wednesday Wishes What happiness wishes do you have and for who?</p>	<p><i>First let's say hello to everyone!</i></p> <p>Think about it Thursday: What are some things that make you happy about being in school this year?</p>	<p><i>First let's say hello to everyone!</i></p> <p>Friday Feelings What does happiness look like? What does happiness sound like? What does happiness feel like?</p>

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

Thanks for the idea Riverside!

see slides for whole lesson

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Caring School Community Making School a Happy Place

- M** Teach Greeting of the Week • (Partner) Secret Greeting
Put kids in pair breakout groups (first ask for how students can be good partners) to create their "secret" greeting. They will use that to greet each other each day this week. BONUS: Ask partners how they included each person's ideas in the activity?
- T** Think/Pair/Share • Poem about happiness
Q: What do you think about when you hear the word happy? *Share the poem.* What is happiness to the poet? What do you think the poet means by ____? What makes you happy? Why do we want to be happy at school?
- W** Spotlight/Secret Student & Class Sharing
Class interviews student. Invite others to share connections.
- TH** Quick Write: Happiness is....
Q: What do you remember about the happiness poem? Quick write/draw: What might you include in your happiness poem? Share. Q: Who do you have a "happiness connection" with? Q: What is one thing you can do to help our class be a happy place today?
- F** Home Connection Activity Share
Share with class or in partner breakout groups.

See [slides](#) for more details

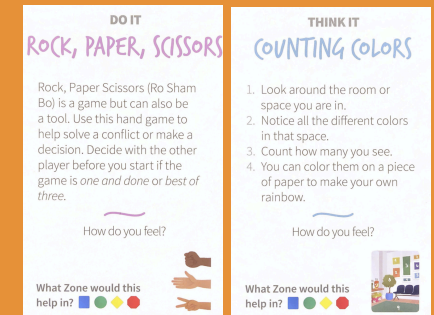
Quick Sketch

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 favorite thing to eat, someone you care about, a time you were surprised, etc...)
Idea from [Free Spirit Publishing](#)

5•4•3•2•1

[Watch intro video for instructions](#)

Mindful Listening (DOWN)



Animal Walks

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Please see past ideas for greetings if needed.

[Spirit Publishing](#)



Hawaiian Greeting

Find 7 people to greet in Hawaiian. Say "Aloha ____!"

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

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

MindUp Lesson 2: Mindful Awareness: Learn to be Mindful

- Warm Up: Mindful Listening
- Explore: Mindful or Unmindful?
- Reflect: Share examples & plan practice

Audio for this lesson:

Mindful or Unmindful?

Mindful

- Listening to someone read a story and being able to recall it
- Feeling a new skill during a sports practice or music lesson and you feel your body improving
- Remembering your name, what other people are saying
- Setting a new food, even if it looks different from anything you've eaten
- Following someone to class
- Listening to someone and not getting bored they are finished

Unmindful

- Not listening to someone because he or she has not spoken to you
- Choosing the short without listening full story
- Trying to do too many things at the same time
- Leaving your items in the middle of the living room
- Dismissing or "tuning out" or what the speaker is saying
- Spending a daydream when you're in your game or group

Unknown Fact

Sit in a circle. Have students think of a neat fact about them that most don't know. Go around sharing. Such as, "Good morning! Something neat about me is that I have played piano since I was 4."

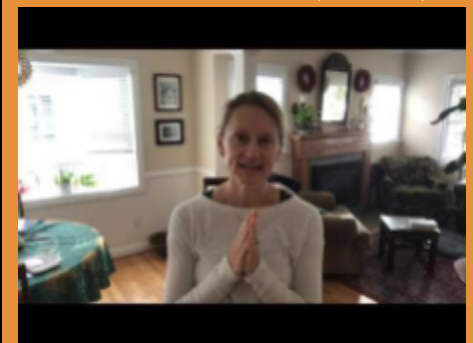
Quick Sketch/Share

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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<ul style="list-style-type: none"> • Tuesday Tune (sing hello) • Wacky Face Wednesday • Thumbs up Thursday • Friendly Friday- greet a friend 	<p><u>and respected. What made them feel that way? Make a “Looks Like•Sounds Like•Feels Like” chart for RESPECT</u></p> <p><i>Idea from Teaching Tolerance: December Dilemma</i></p>		<p><i>double click to watch</i></p>
<p>Fish Lips</p> <p>After a student is greeted they can make fish lips in response.</p>  <p><i>Idea from Tina Opzeeland</i></p>	<p>A Hope</p>  <p>Share a hope you have post-election.</p> <p><i>Idea from Evan McKay</i></p>	<p>I am a Tree</p> 	<p>MindUp & Core Practice</p> 
<p>Morning Word</p>  <p>Greet & share a word from their morning.</p>	<p>An Important Item</p>  <p>Share something important to you and explain why it's important.</p> <p><i>Idea from Stacy Bartley</i></p>	<p>Decode the Emoji</p> <p>  =fun  =cat </p> <p><i>Idea from Andrea Shanks see slides for her emoji alphabet</i></p>	<p>Push Ups</p> <p><i>Up regulating</i></p> 
<p>Birthday Greetings</p>  <p>Greet students by their birthday month</p>	<p>Throw It Away Thursday</p>  <p>If you had to throw away all your possessions except for ONE, what would you keep?</p>	<p>Feelings Scavenger Hunt</p> 	<p>Joyful Memory</p> <p><i>Down regulating</i></p>  <p><i>video link</i></p>

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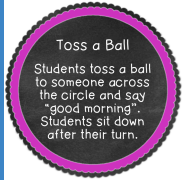
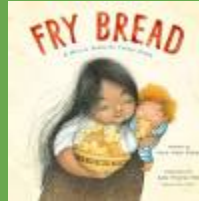





[Morning Meeting following a Difficult Event](#) *linked here*

		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. <i>Idea from Mirella Carrera</i>	DOWN Flower Breathing  <i>Idea from wholeheartedschoolcounseling@gmail.com</i>
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 
<p align="center">Native American Heritage Month connections</p> <p align="center">(as these are linked to a book reading and may take more time, you may want to introduce just one a week/day)</p>			
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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circle with 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  <i>Idea from Third in Hollywood</i>	Wednesday Words Invites students to consider a meaningful, inspirational, or thought-provoking quotation <i>Idea from Facing History and Ourselves</i>	Native American Heritage Month connection:  <u>Act out cooking Fry Bread (or other food)</u>	UP <u>In & Outs</u> 
¡Hola Hola!  <i>Idea from Maestra Lisset</i>	Voting Have students vote between two dinosaurs (add your own ideas!) Students can keep tally on their white boards at home. <i>Idea from Maestra Lisset</i>	<u>Touch Blue</u>  <i>Idea from The Morningside Center</i>	DOWN <u>Loving Kindness</u>  <i>Idea from Greater Good Science Center</i>
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.	<u>Mirror Me & Mirror Neurons</u> (Mirror Me from last week but connect to Mirror Neurons)	DISCUSSION <u>Kindness Video</u>  Discuss connection between mirror neurons and regulation.

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*

<h2>Animal Sounds Sharing</h2> <p>Each student will make the sound of a favorite animal when they are greeted.</p> <p><i>Idea from Caring School Community</i></p>	<h2>Words that start like our name/our partner's name</h2> <p>Quick write/think: what words start with the same first as your name (or your partner's name if you do weekly partners.)</p> <p><i>Idea from Caring School Community</i></p>	<h2>Sync Up</h2> <ul style="list-style-type: none"> 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" <p><i>Idea from Andrea Shanks</i></p>	<p>UP & DOWN</p> <h2>Ear Nose Switcharoo</h2> <p>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.</p> <p><i>Idea from We Are Teachers</i></p>
<h2>High Five Five</h2>  <p>Each person greets 5 others with a virtual high 5</p> <p><i>Idea from Third in Hollywood</i></p>	<p><u>Native American Heritage Month Sharing:</u></p> <h2>How is the sun important to you?</h2>  <p><i>Inka facts</i> <i>See slides for more info!</i></p>	<h2>Mirror Me</h2> 	<p>UP</p> <h2>Squats</h2>  <p><u>Have students do 5-10 squats to get some more energy!</u></p>
<h2>Friday French Fries</h2> <p>Say "Good morning, _____" to a classmate and wiggling two fingers like French fries.</p> <p><i>Idea from Responsive Classroom</i></p>	<h2>Monday's Mindfulness</h2> 	<h2>Still as a Rock</h2> <p>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.</p> <p><i>Idea from Responsive Classroom</i></p>	<p>DOWN</p> <h2>Lazy 8/Infinity Breathing</h2>  <p><i>Idea from Zones of Regulation</i></p>
<h2><u>Jump In Jump Out</u></h2>	<h2>Monday Music</h2>	<h2>Follow the Leader</h2> <p>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 •</p>	<p>UP & DOWN</p> <h2><u>Body Percussion</u></h2>

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*

 <p><i>YouTube & Idea from Stephanie Benischek</i></p>	<p>Happy "Music Monday" everyone! I hope you all had a great weekend. We know that music is a great JOY and listening to it is a way to get us in the green zone and feel HAPPY! I know Mrs. Panni has a GREAT music lesson waiting for you in today's Special.</p> <p>Our share topic today: What is a song, instrument, or type of music YOU really enjoy?</p> <p>While you are waiting, say hello and visit with your classmates. :)</p> <p>When you hear the music start, that is your signal to get ready. Please...</p> <ol style="list-style-type: none"> 1) Turn off your microphone 2) Click "Tiled" view under "Choose Layout" (3 dots at the bottom right) and drag the bar over to 30 3) Be sure any distracting items around you are put away 4) Sit up tall in the middle of your box (not too far or too close) and be ready! :) <p><i>Idea from Beth Barakat</i></p>	<p>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</p>	 <p><i>Idea from Brian Borin</i></p>
<h2>Jumping Jacks</h2> <p>After a simple greeting, everyone does one jack for each syllable in a student's name</p>	<h2>Tuesday Travels</h2>  <p>If you could travel on an airplane, where would you go?</p> <p><i>Idea from Emilia Evans</i></p>	<h2>Name that Tune</h2>  <p><i>Idea from Beth Barakat</i></p>	<p>UP</p> <h2>Bouncing on your toes</h2> 
<h2>Greeting Slides</h2> <p>Put student pictures on slides. Have the student just greeted greet the person on the next slide.</p> <p><i>Idea from Sunny Nelson</i></p>	<h2>Friday Fitness</h2> <p>Students can share something specific to how they stay healthy: favorite healthy food, favorite exercise, favorite place to go for a walk, etc</p>	<h2>Name Charades</h2> <p>(students can share & act out, or act out for others to guess)</p> <div data-bbox="1165 990 1396 1128"> <p>My name is _____, and if I were an animal, I'd be a _____, because _____.</p>  </div> <p><i>Idea from the Morningside Center</i></p>	<p>DOWN</p> <h2>Number Tracing Breath</h2> 
<h2>Name Game</h2> <p>Each person will say their name while making a gesture, then the whole group will in unison repeat the person's name while making</p>	<h2>Try My Best Tuesday</h2>	<h2>If You're Happy and You Know It</h2>	<p>UP & DOWN:</p> <h2>Move with Nature</h2>

Morning Meeting Idea Board & Slides

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







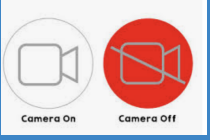




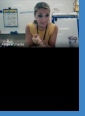



[Morning Meeting following a Difficult Event](#) *linked here*

<p>their gesture.</p>	 <p>Sketch or write, then gallery walk Idea from Ms. Martin</p>		<p>Move with Nature</p> <p>These are two videos I like to use for movement. You can find many more on YouTube. <i>These types of videos are great for REGULATION as well as incorporating movement into their day.</i></p> <ol style="list-style-type: none"> 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. <p><small>Diana Brown, WISCONSIN</small></p> <p>Idea from Ms. Brown</p>
<p>Good Morning to Anyone Who...</p> <p>Name categories that describe students- if it does not describe them have them move off camera, greet some. Continue until all have been greeted.</p>	<p>Glow & Grow</p> <p>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?</p>	<p>Meeting Agreements, What's Missing?</p>  <p>Idea from Ms. Shanks</p>	<p>UP: Rhythm Matching</p> 
<p>BE HERE NOW & JOY</p> <p>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.)</p>	<p>BE HERE NOW & JOY</p> <p>JOKES!</p> <p>Share something that makes you laugh or brings you joy</p> <p>Share something that helps you feel better when you're upset or helps you focus.</p>	<p>BE HERE NOW & JOY</p> <p><i>Activities should always be about fun and joy!</i></p> <p>Have class pick their favorite activities for the week from all you've done this year</p>	<p>DOWN: Sky2Floor Breathing</p>  <p>Idea from Mr. Bateman</p>
<p>Funny face:</p> <p>Make a funny face when you've been greeted</p>	<p>Share something you find comforting</p>	<p>Draw</p> <p>Leader draws a simple picture out of the screen and gives simple directions for others to draw. After 4-5, see if pictures match.</p>	<p>down: Square Breathing</p> 

Morning Meeting Idea Board & [Slides](#)

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

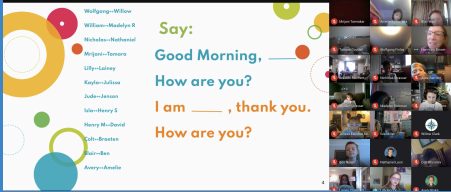



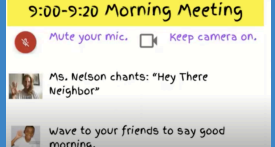
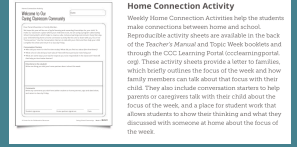


[Morning Meeting following a Difficult Event](#) *linked here*

		<p>Ms. McGean</p>	<p>video</p>
<p>Each teacher greets student, then student returns the greeting</p> <p>Miss Evans</p>	<p>Emoji feelings share</p> 	<p>Red Light Green Light</p> <p>Follow Me!</p> <p>Let's play a game to have fun with each other!</p> <p>"Red Light, Green Light"</p> <p>Copy what I do!</p>  <p>video: Ms. Nelson</p>	<p>down: Flower Breath</p>  <p>BREATHE IN</p> <p>Pretend you are smelling a flower.</p>  <p>BREATHE OUT</p> <p>Pretend you are blowing a leaf.</p> <p>Miss Evans</p>
<p>Pass greeting on & mute camera after you've been greeted</p> 	<p>High/low (good/hard moments)</p>  <p>Could also be used for closing circle</p>	<p><u>Simon Says</u></p>  <p>video</p>	<p><u>up:</u> Arm Circles Forward and Back</p>  <p>video</p>
<p>Greet in different languages</p>  	<p>Moody Monday</p>  <p>Something you did over the</p>	<p>Weekday Song</p>  <p><u>Miss Wong's 1st Grade</u></p>	<p><u>Jump in a Square</u></p>  <p>UP Regulate</p>

Morning Meeting Idea Board & Slides

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[Morning Meeting following a Difficult Event](#) *linked here*



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

NEWEST Morning Meeting Ideas
updated 01.22.2021

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*

Entry Slide	<div data-bbox="485 280 976 406"><h2>What is your Wednesday wish?</h2></div> <div data-bbox="487 444 955 756"></div> <div data-bbox="1052 412 1339 469"><p>Be ready to share your Wednesday wish in...</p></div> <div data-bbox="997 470 1371 756"></div> <div data-bbox="1388 777 1904 807"><p>Thank you Jennifer Darlington for this slide!</p></div>
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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*

Greeting Everyone is recognized Honor identity Sharing Learn about each other Share about yourself, honor identity	  <p><i>First let's say hello to everyone!</i></p> <p>Wednesday Secret/Spotlight Student</p>	 <p><i>First let's say hello to everyone!</i></p> <p>Monday's Mood Mad/Sad/Glad share (pick one that connects to your weekend and explain) How did that emotion feel in your body?</p>	<p><i>First let's say hello to everyone!</i></p> <p>Tuesday Tunes Favorite song/artist</p> 
	<p><i>First let's say hello to everyone!</i></p> <p>Thursday Thinking of Others What would make people excited if they could return to school? What might make them nervous?</p>	<p><i>First let's say hello to everyone!</i></p> <p>Free Share Friday</p> 	

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

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*

Greeting Everyone is recognized Honor identity Sharing Learn about each other Share about yourself, honor identity	<div data-bbox="562 272 1780 954"><div data-bbox="569 289 1031 667">Greeting & Sharing This is a time to share and learn about each other, making sure we care for all.</div><div data-bbox="1087 305 1377 594"><p><i>First let's say hello to everyone!</i></p>Monday's Mood Share how you feel with a simile or a metaphor (ie: I'm as tired as a sloth, I'm as happy as a puppy) <i>Idea from Kristen Paschall</i></div><div data-bbox="1419 305 1709 594"><p><i>First let's say hello to everyone!</i></p>Talking Tuesday What should we talk more about as a class? What do you wish your teacher would talk to you about?</div><div data-bbox="758 634 1047 911"><p><i>First let's say hello to everyone!</i></p>Work Hard Wednesday Share something you have worked hard at this week/will work hard at today.</div><div data-bbox="1087 634 1377 911"><p><i>First let's say hello to everyone!</i></p>Things I Can Do Thursday One thing you can do to make today a great day.</div><div data-bbox="1419 634 1709 911"><p><i>First let's say hello to everyone!</i></p>Feel Good Friday... What is one thing you can do this weekend that will make you feel good?</div></div> <p>Teacher: Greet each student before beginning. Review agreements & expectations</p>
Activities Fun • Joy Build community	

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*

28 Days of Black Excellence

This slide is linked to a larger resource. Please access with the link icon in the upper right hand corner.

The ABC's of Black History

A- Have you heard an anthem? What did it stand for?	B- B, stands for lots of different qualities. What is one quality special about you?	C- What is something you know about Dr. Martin Luther King?	D- What feelings would you have if you were brought to a new place without and how to start over without choice?	E- Let's learn more about Ruby Bridges!	F- What is a food that reminds you of your family?	G- Listen to this song by BB King. What story does the song tell?
H- Why is it important to hear other people's story? Why is it important to share your own? Meet Zora Neale Hurston!	I- Meet Lonnie Johnson an American inventor of one of your favorite summer toys!	J- History of Juneteenth	K- Families does not have to just be the people you live with. Who do you consider a part of your kin?	L- What does love feel like to you? When is a time you felt love?	M- What is a message of peace you would share?	N- Look at this picture in the newspaper. Why do you think they chose it?
O- Here is a video of a march in our community. What message does this send to others...Have you ever participated in a march?	P- Shirley Chisholm	Q- Pick a queen and share about her!	R- What is one character trait all these athletes have?	S- Listen to a song by Sam Cooke How can you be a changemaker?	T- Learn more about the Tuskegee Airman!	U- Why is it important to know history?
V- Why is it important to vote? What do people vote for?	W- Who is a writer you enjoy and why?	X- Malcom X was a leader. What qualities make good leader?	Y- How can we	Z- How can we		

This slide is linked to a larger resource. Please access with the link icon in the upper right hand corner.

Activities
Let's have some fun, find some joy and build community!

Origami

Search for easy origami patterns
Send materials home
Create during Morning Meeting

Thanks Natalie Arias for the idea!

Black History Month Activities

See preceding slides for resources

Trading Places

Everytime the leader calls out a trait you identify with (short hair, ate cereal for breakfast, etc), you need to change where you are on the screen (left side/right side/far away/close up) or change your body position)

Two Truths and a Lie

Everyone writes
Students take turns reading theirs, kids guess which one is the lie.

Thanks Kristen Paschall for the idea!

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Morning Meeting Idea Board & Slides

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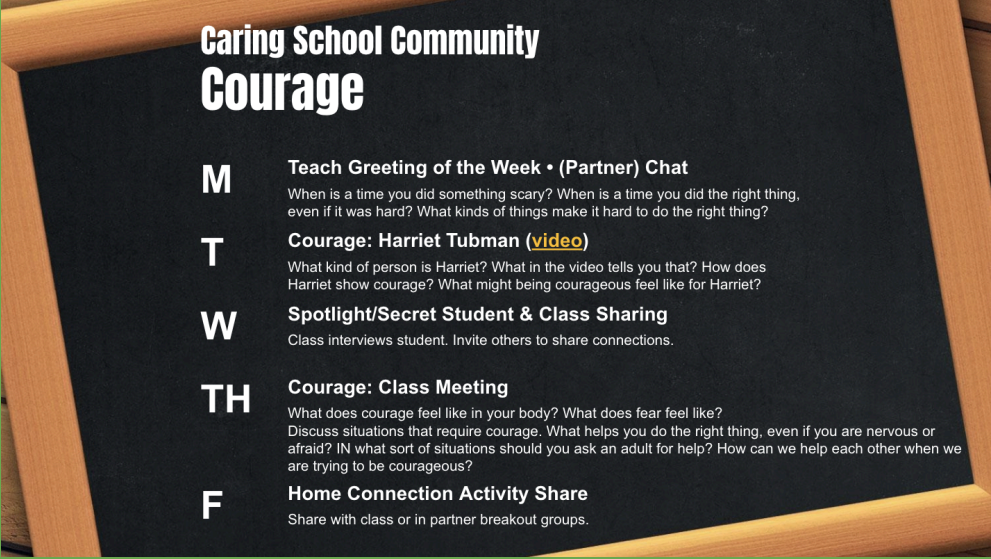
[Morning Meeting following a Difficult Event](#) *linked here*

<p>Caring School Community</p> <p>Topic Week: Feelings & Challenges</p>	 <p>Caring School Community Feelings and Challenges</p> <p>M Teach Greeting of the Week • (Partner) Chat Assign partners for the week. Partners write/share a compliment for each other.</p> <p>T Feelings Show a feeling, share if/when you felt that emotion. The share when you have noticed another person feeling that way * how you knew that.</p> <p>W Spotlight/Secret Student & Class Sharing La clase entrevista al alumno. Invite a otros a compartir conexiones.</p> <p>TH Class Meeting: Imagining How Others Feel Q: Why is it helpful to know how other people are feeling? Share scenarios, ask how students would feel in each situation, why, and what they would do. Q: How will it help our class community if we pay attention to how others feel?</p> <p>F Home Connection Activity Share Share with class or in partner breakout groups.</p>	<p>Home School Connection</p> <p>Student and caregiver should work together to talk about this together. Feel free to add pictures or write your answers.</p> <div> <div>write here</div> <div>Make a list of feelings.</div> </div> <div> <div>write here</div> <div>Pick one of those feelings and write/draw when you felt that way.</div> </div> <div> <div>write here</div> <div>Have your caregiver pick on the those feelings and write/draw when they felt that way.</div> </div> <p>Name: _____</p>
<p>Activities</p> <p>Fun • Joy Build community</p>	 <div> <p>Activities</p> <p>Let's have some fun, find some joy and build community!</p> </div> <div> <p>First let's say hello to everyone!</p> <p>Monday's Mood</p> <p>Mindfulness OR MindUp lesson: Mindful Movement</p>  </div> <div> <p>First let's say hello to everyone!</p> <p>Tuesday Tunes</p> <p>Name that Tune! (an opportunity to highlight Black Excellence in music)</p>  </div> <div> <p>First let's say hello to everyone!</p> <p>Wednesday</p> <p>Secret/Spotlight Student</p>  </div> <div> <p>First let's say hello to everyone!</p> <p>Thursday Thinking of Others</p> <p>Role play walking into the classroom and getting ready to start the day</p> </div> <div> <p>First let's say hello to everyone!</p> <p>Free Sketch Friday</p> <p>Choose a letter, students sketch something that starts with that letter. Thanks Beth Barakat for the idea!</p> </div>	

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Regulation Learn and practice skills to use when needed to raise or lower energy	<table border="1"> <tr> <th colspan="2">Quick Regulation Strategies:</th></tr> <tr> <td>UP: Jump Rope</td><td>DOWN: Smell the soup/hot cocoa (deep breathing)</td></tr> <tr> <td colspan="2">MindUp Lesson 5: Mindful Seeing</td></tr> </table>	Quick Regulation Strategies:		UP: Jump Rope	DOWN: Smell the soup/hot cocoa (deep breathing)	MindUp Lesson 5: Mindful Seeing	
Quick Regulation Strategies:							
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	<div data-bbox="409 267 787 560"> </div> <div data-bbox="871 284 1480 560"> <p>BRAIN SCIENCE</p> <ul style="list-style-type: none"> • We see something • What we see is received by the neurons in our brain. • The brain “reads” that image and tells us about it and what to do about that image. </div> <div data-bbox="420 565 688 868"> <p>I SEE ___ Play I-Spy (look in the environment in kids screen, or use next slide) Take 2-3 deep breaths before each “I Spy” “I see something (red.) what could I be looking at? I see something (soft,) what could I be looking at?”</p> </div> <div data-bbox="714 576 1071 868"> <p>EMOTIONS BEHIND MASKS</p> <ol style="list-style-type: none"> 1. Choose a to practice identifying emotions behind masks by look at the eyes and reading body language 2. (and/or) Practice reading emotions behind masks (this lesson pairs well with the Caring School Community lesson this week) </div> <div data-bbox="1081 560 1491 876"> <p>Mindful seeing helps us know ourselves, other people, and our environment better so we can enjoy and learn more fully. Mindful seeing can help us focus, slow down, and pay attention to details.</p> </div> <p><i>slides have additional resources</i></p>			
<p>Regulation n Learn and practice skills to use when needed to raise or lower energy</p>	<p>Quick Regulation Strategies:</p> <table border="1"> <tr> <td data-bbox="399 974 1165 1096"> <p>UP: <u>Arm circles</u></p> </td> <td data-bbox="1165 974 1942 1096"> <p>DOWN: <u>4-7-8 breathing</u></p> </td> </tr> </table> <p>MindUp Lesson 8: Mindful Relaxing & Mindful Moving</p>		<p>UP: <u>Arm circles</u></p>	<p>DOWN: <u>4-7-8 breathing</u></p>
<p>UP: <u>Arm circles</u></p>	<p>DOWN: <u>4-7-8 breathing</u></p>			

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Mindful Relaxing & Moving
Mind Up Lesson 8

Link to Brain Research
When our brains feel like we are threatened the adrenal glands release cortisol, a hormone. Low levels of cortisol helps us stay alert, but too much can harm the brain, impair thinking, memory and learning. When we can mindfully regulate our breathing and heart rate, we learn to lessen our stress level and keep our brains in a healthy emotional balance.

Practice Taking a Pulse
Q: What happens to your heartbeat when you run fast? (show with fist)

Show students how to find their pulse at the wrist and the base of their throat.

Mindful Relaxing & Mindful Moving
1. Try to slow your heart rate down by mindful breathing and relaxing all the parts of your body one by one.
2. Do an exercise for 1min (arm circles, jumping jacks, squats) Pay close attention to your body and breath as you move.
3. Take your heart rate again. Reflect.
4. Connect this activity to emotions (red, yellow, green, blue zones)

Mindful movement is paying close attention to the sensations in our body. whether we are active or at rest. our body and brain are partners. our brain helps our body react and move depending on what is needed. When we are mindful, we can be better at managing our emotions and behaviors

Angry
Relaxed
Heart Rate (BPM)
Seconds

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.

Morning Meeting Idea Board & [Slides](#)

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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
<p>GREETING</p> <p>Think about not just <i>what</i> you will do to greet, but also <i>how</i>:</p> <ul style="list-style-type: none"> • 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? 	<p>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</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wave <input type="checkbox"/> Fist bump <input type="checkbox"/> Round of applause <input type="checkbox"/> Hurray hands <input type="checkbox"/> High five <input type="checkbox"/> Sparklers <input type="checkbox"/> French Fry Fingers <input type="checkbox"/> Peace sign <input type="checkbox"/> Pinkie Wave <input type="checkbox"/> Hug <input type="checkbox"/> Name song/add pictures <input type="checkbox"/> Funny Face 	<ul style="list-style-type: none"> → 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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	<ul style="list-style-type: none"> <input type="checkbox"/> Baby Shark <input type="checkbox"/> Binoculars <input type="checkbox"/> We are here chant <input type="checkbox"/> Say your Name echo (mics off except teacher and student saying name) <input type="checkbox"/> Pass the Greeting (student greets another student to “pass”) <input type="checkbox"/> Strike a Pose <input type="checkbox"/> Jump In/Jump Out- <input type="checkbox"/> Hello Neighbor! <input type="checkbox"/> Action Name Greeting <input type="checkbox"/> “Ball toss” Greeting <input type="checkbox"/> Greet in different languages <input type="checkbox"/> Jump Up <input type="checkbox"/> Dance move greeting <input type="checkbox"/> Name Game 	
SHARING	<p><i>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.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> ___ makes me feel ____ <input type="checkbox"/> Me too/That’s me/Just Like Me <input type="checkbox"/> Favorite _____(color, food, game, movie, song, thing to do outside, snack, etc) -one word share <input type="checkbox"/> Monday Memory/Weekend News <input type="checkbox"/> Tuesday Tunes- <input type="checkbox"/> Something that makes you happy <input type="checkbox"/> Wednesday Wish <input type="checkbox"/> Friday Friends <input type="checkbox"/> Sometimes I feel.... <input type="checkbox"/> Show and Tell 	<p><u>Cultural Responsiveness:</u> Recognize and build upon the cultural strengths of the individuals you serve, especially those who are racially, ethnically, culturally, and linguistically diverse.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask students and families about their strengths <p><u>Emotional Wellness:</u> Acknowledge what we have been through, and create space for healing.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ask students to share how they/their families have

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	<ul style="list-style-type: none"> <input type="checkbox"/> My hopes for ___ grade <input type="checkbox"/> Feelings share (I feel ___ when ___) <input type="checkbox"/> Pets (I have or wish I had..) <input type="checkbox"/> Thankful Thursday (What are you thankful for?) <input type="checkbox"/> Thursday Thinking of Others (ie: how I help others, something nice I could do for others,) <input type="checkbox"/> Best thing about my day <input type="checkbox"/> Compliments <input type="checkbox"/> Mad/Sad/Glad, High/Low, Rose/Thorn/Bud <input type="checkbox"/> Emoji feeling share <input type="checkbox"/> Secret/Spotlight Student <input type="checkbox"/> Feelings & Needs Share Out Tool 	<p>dealt with current events</p> <p><u>Voice/Choice/Empowerment:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Solicit student and adult voice regarding current practices and new ideas for moving forward.
ACTIVITY	<p><i>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.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Follow me/Simon Says <input type="checkbox"/> Catch the Pattern (rhythmn clapping- keep mics off!) <input type="checkbox"/> Interactive Song (physical movement actions) <input type="checkbox"/> Pantomime/Charades: shape, activity, animal, letter, occupations, etc- <input type="checkbox"/> If I were a _____ <input type="checkbox"/> Would You Rather? (lean in and out of the screen for choices)- <input type="checkbox"/> 4 Corners (fingers, chat, cards) <input type="checkbox"/> Oliver Twist <input type="checkbox"/> Freeze Dance <input type="checkbox"/> As Still as a Rock- <input type="checkbox"/> Red Light Green Light- <input type="checkbox"/> Just Like Me (movement if you agree) <input type="checkbox"/> Interactive Poems <input type="checkbox"/> Mystery Bag/Number/Letter/Word etc..- 	<ul style="list-style-type: none"> <input type="checkbox"/> Books Celebrating Black Heroes

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	<ul style="list-style-type: none"> <input type="checkbox"/> Jamboard questions <input type="checkbox"/> Who remembers? <input type="checkbox"/> Which is True? (a truth and a lie) <input type="checkbox"/> Skip counting exercises (with jumping jacks, high knees, toe taps, etc) <input type="checkbox"/> Heads or Tails <input type="checkbox"/> Shake it Down <input type="checkbox"/> Spelling Karate <input type="checkbox"/> Yoga poses <input type="checkbox"/> What's Missing? <input type="checkbox"/> Name that Tune- 	
REGULATION SKILLS For both UP regulating & DOWN regulating	<p><i>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.</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Choose your Zone</u> - <input type="checkbox"/> <u>Square Breathing</u>-, <u>Box Breathing</u> <input type="checkbox"/> <u>Lazy 8 Breathing</u> or <u>Figure 8 Breathing</u> (Self Management)- <input type="checkbox"/> <u>5-4-3-2-1 Grounding</u> (Self Management) <input type="checkbox"/> <u>Practicing Gratitude</u> <input type="checkbox"/> <u>Finger Breathing</u>- <input type="checkbox"/> <u>Mindfulness: Feeling Positive</u> (credit: <u>Mindful.org</u>) <input type="checkbox"/> <u>Jump in a Square</u>- <input type="checkbox"/> Rhythm Matching <input type="checkbox"/> Arm circles- <input type="checkbox"/> Bounce on your Toes- <input type="checkbox"/> Number Tracing Breath- <input type="checkbox"/> Squats- <input type="checkbox"/> <u>Finger Fitness</u> 	

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	❑ Balloon Breathing	
Expectations & Agreements	<p><i>Ideas for reviewing:</i> a few more ways I tweak reviewing expectations each day. The ones I have on the slide.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>6.) Of course way back at the beginning I put numbers on them and they</p>	

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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 :)

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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 Learning 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 Dilemma](#) 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](#)