

Week 6a

SEL WEEK

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

Duration	Type	Title/Description	Status 
<i>SEL — Self-Awareness</i>			
15 min	Required (small group)	Name the Feeling Part 1: In a group of 3–4 students, follow the directions on this Jamboard .	
15 min	Required (individual)	Name the Feeling Part 2: Follow the directions in this doc .	
10 min	Required (whole group)	Name the Feeling Part 3: Whole-Group Discussion Bring your word strip to our group discussion..	
10 min	Required (individual)	Name the Feeling: Reflection In your <i>Journal</i> , respond to the following questions: • What did you like about this activity? • What was challenging for you? • How might you use a word strip in the future? • Why might it be helpful to choose a precise word?	
<i>Mindful Moments</i>			
10 min	Choice (individual)	• Belly Breathing • Body Scan Meditation • Play a Matching Game	

Home Connection: Tell someone at home about your word strip. See if you can brainstorm another set of words to use in the future.

Week 6b
SEL WEEK

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

Duration	Type	Title/Description	Status 
<i>SEL — Self-Awareness</i>			
5 min	Required (individual/ partner)	Affirmations: Love yourself! Choose 1 activity to complete: • Fantastic You — Listen to this read-aloud to learn how you can use your own personal power to comfort yourself. • Affirmations Song — Listen and sing along to this positive affirmation song.	
10 min	Required (individual/ partner)	Affirmations: Choose 1 activity to complete: • First, draw a picture of yourself. You may use a blank sheet of paper or Google Drawings. ○ Then, write 10 strengths all around the image. ○ Share your drawing and strengths with a partner. • Make a list of 10 things you are good at. At the end of the list, share how you became so good at these things.	
5 min	Required (individual/ partner)	Affirmations: Follow the directions on the Affirmations doc.	
15 min	Required (small group)	Affirmations: The Reflection in Me 1. Watch this short film. 2. What can you love about yourself? 3. Write your answer here.	
15 min	Required (whole class)	Affirmations: Whole-Class Discussion 1. Bring your affirmation card. 2. Bring your I love . . . 3. Be prepared to share.	
<i>Mindful Moments</i>			
10 min	Choice (individual)	• Belly Breathing • Body Scan Meditation • Play a Matching Game	

Home Connection: Tell someone at home about the affirmation you chose. Tell them where you will hang your affirmation to see it every day.

Week 6c
SEL WEEK

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

Duration	Type	Title/Description	Status 
<i>SEL — Self-Awareness</i>			
5 min	Required (individual/ partner)	Self-Control: Inside Out: Guess the Feelings — Find out how good you are at guessing and naming feelings.	
	Required (individual/ partner)	Self-Control: Check out this song to learn some tips on self-control.	
10 min	Required (individual/ partner)	Self-Control: Choose 1 of the activities below: • Make a list of 5 things you can do to calm down and feel better when you are upset. Share your list with a partner. Can you add one more? • Draw a picture of you facing a tough emotion in a positive way. ○ Label the picture. ○ Share your drawing with a partner and explain your picture.	
15 min	Required (individual/ partner)	Self-Control: Complete both activities below: • Managing Emotions • Tips Page	
15 min	Required (whole class)	Self-Control: Whole-Class Discussion Bring your tip with you to the class discussion so we can learn “tips” from one another.	
5 min	Optional	Do Your Best on the Test — Listen, sing along, and dance to this song to learn the 5 steps you can take to do your best on any test.	
<i>Mindful Moments</i>			
10 min	Choice (individual)	• Belly Breathing • Body Scan Meditation • Color a Mandala Online	

Home Connection: Share with someone at home a tip that you learned about managing emotions. See if they have a strategy that they use to manage their emotions.