

Karen Festa  
Narragansett Schools SEL Coordinator  
Email anytime: [kfesta@nssk12.org](mailto:kfesta@nssk12.org)

**Mrs. Festa's SEL Lesson Plan**  
**Tuesday 6/2/20**

- 1. Movement Activity-** Watch and join us in a Movement Activity!  
**Link here:** <https://youtu.be/zl5QodAFuVk>
- 2. Book-Listening with My Heart by Gabi Garcia**  
**Book link here:** <https://www.youtube.com/watch?v=Lawc3fwS0n8>
- 3. Family Meeting-** Good News Today! Start today off by sharing 'good news'. Model it by sharing something good going on for you this week. Is your favorite TV show on today? Are you feeling grateful for a specific reason? Did you finish a task? Do you have an exciting event coming up? Spend 2-3 minutes sharing good news!


## 4. Activity-Roll Some Brain Breaks

**ROLL SOME BRAIN BREAKS**

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

© Your Therapy Source Inc www.YourTherapySource.com www.GrowingPlay.com

5. **Closing-** Say this with me... "1, 2, 3 (CLAP)  That's a wrap!" Mrs. Festa's lesson is all done!

**Mrs. Festa's SEL Lesson Plan**  
**Wednesday 6/3/20**

**1. Movement Activity-** Watch and join us in a Movement Activity!

**Link here:** <https://www.youtube.com/watch?v=iZinb6rVozc>

**2. Video-Compassion**

**video link here:** <https://youtu.be/9ylsG5zx6Mo>

**3. Family Meeting-** After watching the video, discuss the following questions as a family...

\*Do you think it's important to be compassionate toward others? Why or why not?


\*How do you feel when others act compassionately toward you?

\*Who is one of the most compassionate people you know and why you think so?

\*How can compassion spread from one person to another?

**4. Activity-Make a family kindness jar**

Find a recyclable item, cup or a jar. Decorate a label for your kindness jar. As you see or do kind acts, write them down and add them to the jar. At the end of the month read each kind act and celebrate kindness!

**5. Closing-** Say this with me... "1, 2, 3 (CLAP)  That's a wrap!" Mrs.

Festa's lesson is all done!

**Mrs. Festa's SEL Lesson Plan**  
**Thursday 6/4/20**



**1. Movement Activity-**

**2. Book-** The Day You Begin by Jacqueline Woodson


**Book link here:**

<https://www.youtube.com/watch?v=-XUkWoRpeR4>

**3. Family Meeting-** The Student Becomes the Teacher

Hand your child a notecard and ask them to write down their name and one thing that they could teach you. Use your new-found knowledge intentionally by asking your child about what they put on the card. Ask them to teach you! Celebrate and share their strengths!

**4. Activity-Their Thing-** Offer to spend time with a family member doing something that you know means a lot to them. For example, playing chess with grandpa or learning the new video game your sibling loves. Even though it might not be interesting to you, investing in other people's interests is a great way to have them feel appreciated and validated.

**5. Closing-** Say this with me... "1, 2, 3 (CLAP)  That's a wrap!" Mrs.

Festa's lesson is all done!

## Mrs. Festa's SEL Lesson Plan

Friday 6/5/20

### 1. **Movement Activity**- Watch and join us in a Movement Activity!

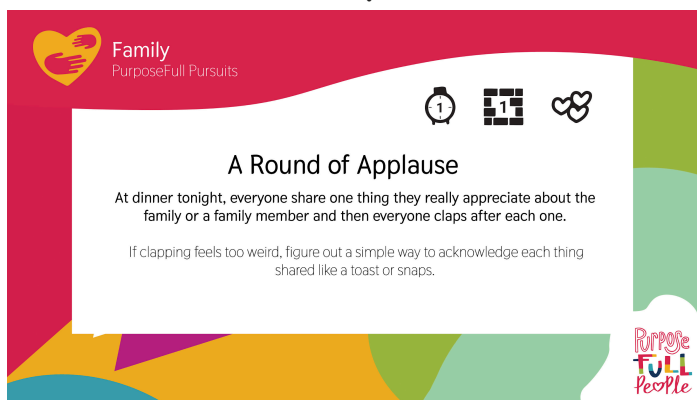
**Link here:** <https://www.youtube.com/watch?v=zBttxAMxaXE>

### 2. **Book-Enemy Pie by Derek Munson**

**Book link here:**

[https://www.youtube.com/watch?v=x2FoGf\\_Fx0&list=PLJejYnvCydWIYeFbaNCDGByLTcjKbw9gc&index=10&t=0s](https://www.youtube.com/watch?v=x2FoGf_Fx0&list=PLJejYnvCydWIYeFbaNCDGByLTcjKbw9gc&index=10&t=0s)

### 3. **Family Meeting & Activity**- At dinner tonight, everyone share one thing they really appreciate about the family or a family member and then everyone claps after each one. If clapping feels too weird, feel free to snap, toast, or cheer.



### 4. **Closing**- Say this with me... "1, 2, 3 (CLAP) 🙌 That's a wrap!" Mrs.

Festa's lesson is all done!

### 5. **Weekly Reflection**- Click on the link and please share your reflections on today's lesson.

**Reflection link here:** <https://forms.gle/22g91PGhYhzT6VSD9>