

Week 8a

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>			
5–10 min	Required (individual/ partner)	Kindness: Choose 1 activity to complete: <ul style="list-style-type: none"> • Each Kindness — Listen to this read-aloud to learn about kindness, compassion, and friendship. • Kindness 101 with Steve Hartman: Compassion — Steve Hartman shares stories about kindness and character. 	
15 min	Required (individual)	Kindness: Choose 1 activity to complete: A card: <ol style="list-style-type: none"> 1. Draw a picture and write a letter for someone in the same room as you. 2. Tell them what you like about them, 3. When you are finished, share it with the person you chose. Self-love: <ol style="list-style-type: none"> 1. List 5 ways you can be kind to yourself. 2. Share your list with a partner. 3. See if they can help add to your list. 	
15 min	Required (whole group)	Kindness: Fill up your bingo card doing as many random acts of kindness as you can in 15 minutes. Keep doing acts of kindness until your bingo card is completed.	
15 min	Required (individual)	Kindness: Random Acts of Kindness <ol style="list-style-type: none"> 1. Watch this video with random acts of kindness. 2. Write or draw your own story about someone who shows kindness to others. 3. Share your work with a partner. 	
<i>Mindful Moments</i>			
10 min	Choice (individual)	Choose an activity below: <ul style="list-style-type: none"> • Classroom Meditation • Yoga and Movement Under the Sea • Color a Mandala Online 	

Home Connection: Tell someone at home about your acts of kindness. Consider doing an act of kindness for someone at home.

Week 8b

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>			
10 min	Required (individual /partner)	Decision Making: Watch 1 of the videos below: <ul style="list-style-type: none"> • Decision Making • How to Make Good Choices In your <i>Journal</i> , share 3 tips you know about making a decision.	
20 min	Required (partner)	Decision Making: With a partner, play Would You Rather? Then, respond to the questions on the last page.	
10 min	Required (individual)	Decision Making: With a partner, play tic-tac-toe .	
<i>Executive Function Practice</i>			
10 min	Choice (individual)	Choose an activity below: <ul style="list-style-type: none"> • Jigsaw Puzzle • Play Concentration • Math Pop 	
<i>Mindful Moments</i>			
10 min	Choice (individual)	Choose an activity below: <ul style="list-style-type: none"> • Belly Breathing • Body Scan Meditation • Play a Matching Game 	

Home Connection: Tell someone at home a tip you learned about making a decision. Ask them how they go about making decisions.

Week 8c

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 (whole class)	Task Initiation: Choose 1 video: <ul style="list-style-type: none"> • Task Initiation • Knowing What to Do 	
15 min	Required (whole class)	Task Initiation: As a class, use this doc to Find Someone Who .	
10 min	Required (individual)	Task Initiation Reflect: In your <i>Journal</i> , respond to the following questions: <ul style="list-style-type: none"> • What did you like about Find Someone Who? • What was challenging for you about Find Someone Who? • How can you initiate a task? • Why is it important to be able to initiate a task? • What distractions can you remove to initiate a task? 	
10 min	Optional (individual)	Task Initiation Challenge: An Invitation	
<i>Executive Function Practice</i>			
10 min	Choice (individual)	Choose an activity below: <ul style="list-style-type: none"> • Play a Matching Game • Play Concentration • Jigsaw Puzzle 	
<i>Mindful Moments</i>			
10 min	Choice (individual)	Choose an activity below: <ul style="list-style-type: none"> • Belly Breathing • Body Scan Meditation • Color a Mandala Online 	

Home Connection: Invite someone at home to do something with you. Tell them you are working on task initiation.