

Week 6a: A Butterfly Garden

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.

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Duration	Type	Title/Description	Status 
<i>SEL: Self-Awareness</i>			
5 min	Choice (individual or partner)	Choose at least 1 activity to complete: • Fantastic You — Listen to this read-aloud to learn how you can use your own personal power to comfort and reassure yourself. • The Reflection in Me — Watch this short film to discover how to love and accept yourself just as you are. • Affirmations Song — Listen and sing along to this positive affirmation song.	
<i>Strengths & Challenges</i>			
30 min	Choose 2 (individual or partner)	☐ Draw a picture of yourself. Write at least 10 strengths all around the image. You may use a blank sheet of paper or Google Drawings to create your picture. Share your drawing and strengths with a partner or teacher. ☐ Draw a picture and/or write a paragraph in your <i>Research Journal</i> or on a piece of paper showing how someone could improve a challenge over time. Share your drawing and/or paragraph with a partner or teacher. ☐ In your <i>Research Journal</i> or on paper, list one strength starting with each letter of your first, middle, and last name. Share your list of strengths with a partner or teacher.	
15 min	Required (small groups)	Join your peers for a small-group discussion on self-awareness, your strengths and challenges, and your thoughts and feelings about the activities you completed today.	

Home Connection: Ask a friend or family member what their biggest strengths are. Are they exactly the same as yours? Why or why not?

Take a Mindful Moment

- [Belly Breathing](#)
- [Body Scan Meditation](#)
- [Play a Matching Game](#)