

(3 - 5) Mindsets/SEL Assignments 2022 - 2023

Mindsets	SEL
Colt Mindsets: September 9, 2022 Never give up, believe in yourself! https://www.youtube.com/watch?v=3CQus_oJSh0E - Watch the video. - Complete the Student Survey. (Student Motivation Survey/Understanding What Inspires Each Student)	
Colt Mindsets: September 16, 2022 CGI **Award-Winning** 3D Animated Short : "Soar" - by Alyce Tzue https://www.youtube.com/watch?v=UUlaseGrkLc&list=PLkAVUURATZSe51t6LzZxPd0H8-bpB088N Watch the video. Quickwrite (3 minutes): What is something you struggle with? Think of an idea that may help you with the problem. Write about your idea.	
	Colt Mindsets: September 23, 2022 Anger Management for Kids (and Adults) https://www.youtube.com/watch?v=DbpTohPUhMw - Watch the video. - Answer the questions: - What does each letter stand for in the ABCDE approach to managing anger? A = B = C = D = E =

Colt Mindsets: September 30, 2022 Kid President's 25 Reasons To Be Thankful! https://www.youtube.com/watch?v=yA5Qpt1JRE4 - Watch the video. - Name 5 things you are thankful for: 1. 2. 3. 4. 5.	
Colt Mindsets: October 14, 2022 You Can Learn Anything https://www.youtube.com/watch?v=JC82Il2cjQ&t=15s <u>Materials:</u> Instead of...image Poster paper Markers or crayons <u>Instructions:</u> 1 - Watch the video. 2 - As a class, change the fixed mindsets statements to growth mindsets. 3 - Create a poster (one per class) with the fixed mindsets on the left side, and the growth mindsets on the right side. 4 - Hang your poster outside your classroom for everyone to see! :)	
	Colt Mindsets: October 21, 2022 All About Social Skills for Kids! https://www.youtube.com/watch?v=Myf2CUx9E60 - Watch the video - Answer the questions. 1. What are social skills? 2. What are good social skills? 3. What are poor social skills?

	4. What are some tips to improve your social skills?
Colt Mindsets: November 4, 2022 Are you okay? Award-Winning Short Film https://www.youtube.com/watch?v=tJsGGsPNakw (Watch the video. Read about the 4 Bullying Mindsets. Write your answers on a piece of paper and turn it into your homeroom teacher.) Bullying - 4 Mindsets 1. <i>Create an environment of hope.</i> Depression is the inability to see hope. When students live with high levels of fear, stress, and anxiety, they often develop a belief that things may never get better. Hope, however, combats feelings of despair. 2. <i>Connect with others.</i> It has been said, "If you can accomplish your dreams alone, you're not dreaming big enough." Highly effective achievers understand the importance of learning to work with others, for others, and even through others. 3. <i>Allow yourself to be vulnerable.</i> Vulnerability means being able to be your authentic self and connect with others without fear and shame. The challenge is that many people view being vulnerable as a sign of weakness, so they put up walls to create distance from others. We all have shortcomings we're working to improve. Don't be afraid or ashamed to show them to others. 4. <i>Foster a community of kindness.</i> People who are nicer and do favors and good deeds for others without any	

expectation of their favors being returned are typically happier and more successful. In addition, individuals who practice an attitude of gratitude on a regular basis are both more fulfilled and kinder to others. 5. Research also indicates that helping others is an authentic way to experience more meaning and significance in life. It's one of the fastest ways to reduce stress and anxiety. Quickwrite (select one): 1. Describe your reaction to the video. Consider the 4 Bullying Mindsets you just read about. Did Raquelle and Noah practice any of these mindsets? If so, which ones did they practice? What did they do to help each other?	
Colt Mindsets: November 18, 2022 Goal Setting for Kids - Watch the video. https://www.youtube.com/watch?v=XGd0gq5Fgjc - What is something important you learned from watching the video? (written response or class discussion) - What is one of your goals?	
Colt Mindsets: December 2, 2022 4 Ways To Get Organized https://www.youtube.com/watch?v=J5hKPShTi3E List 4 ways to become organized. 1 - 2 - 3 - 4 -	

	Colt Mindsets: December 9, 2022 I CAN CONTROL MYSELF Social Emotional Learning for Kids Learning Self-control - Health Hero https://www.youtube.com/watch?v=YfQm_9D40wI - Discuss several reasons why it's important to have self-control in your classroom. - Play Red light/Green light or Freeze Dance to practice self control.
Colt Mindsets: December 16, 2022 CGI 3D Animated Short: "Christmas Star" httpAnswers://www.youtube.com/watch?v=WGl8S3B2bWs - Watch the video - Quickwrite - (3 minutes) Do you think the man's efforts paid off in the end? Why or why not?	
	Colt Mindsets: January 6, 2023 Good Neighbors are Compassionate https://www.youtube.com/watch?v=DAj-EtynOts Watch the video. Class discussion - What does it mean to be compassionate? Write a brief example of an act of compassion.
Colt Mindsets: January 13, 2023 Automatic Negative Thoughts - Meet the ANT Buddies. https://www.youtube.com/watch?v=NVT2vUQMKUc - Watch the video. - Answer the questions.	Colt tMindsets: January 20, 2023 5 Tips for Coping with Test Anxiety (for kids!) https://m.youtube.com/watch?v=sDYx9qM_ygg - Watch the video. - Answer the questions.

1. What is an ANT (automatic negative thought)? 2. What are a few things you can do to get the ANTS to bug off? 3. Draw a picture of an ANT buddy.	- 1. What is test anxiety? - 2. How can it affect you? - 3. What can you do about it?
Colt Mindsets: January 26, 2023 Mid-year Minute Meeting • Click the link and answer/submit the survey. • https://docs.google.com/forms/d/e/1FAIpQLSeUvh3r7W6HFnRxOOaDlN0i-wSFk4PzdLpIS7E151LvPrtm1g/viewform	
- Colt Mindsets: February 3, 2023 - (How is your phone changing you?) - https://www.youtube.com/watch?v=W6CBb3yX9Zs - - 1. Watch the video. - 2. As a class, discuss the video. - 3. Answer the questions. - Do you think our cell phones change us? Write 3 to 5 sentences sharing your thoughts.	
	Colt Mindsets: February 10, 2023 Being a Good Friend https://www.youtube.com/watch?v=QC9A6D-2YBQ Watch the video. Discuss as a class. Answer the questions. <i>Grades 3-8 should provide written answers.</i>

	<i>K-2 can create a class poster describing a good friend. Feel free to include drawings.</i> 1. What does being a good friend mean to you? 2. What is one quality you look for in a friend? 3. Why should a friend be a good listener?
February 17, 2023 Try something new for 30 days https://www.youtube.com/watch?v=UNP03fDSj1U - Watch the video. - Answer the questions. 1. Do you like to try new things? 2. When was the last time you tried something new? What was it? Did you enjoy it? 3. List 3 things you have never done that you might like to try. 4. Has this video inspired you to try something new?	
March 3, 2023 Stress Management Tips for Kids and Teens https://www.youtube.com/watch?v=3Nf2Pzcketg - Watch the video. - Answer the questions (K-2 may have a discussion). 1. What is stress? 2. How does stress affect you? 3. What are some helpful ways to cope with stress?	

March 17, 2023 Cartoon about positive thinking https://www.youtube.com/watch?v=2M_wZLyO1zY - Watch the video. - Answer the questions. 1. Have you ever felt like the sheep after he lost his fleece? What happened? 2. What did you think about the Jackalope's idea to just bounce back and deal with it? Is that hard to do? 3. Which would be harder? Bouncing back, or just dealing with it? 4. What else can you do if you feel sad or down, and you want to feel better?	
	March 24, 2023 Asking for Help https://www.youtube.com/watch?v=j-pR_bg5cFI -Watch the video. -Answer the questions. 1. Think of a time when you needed help. Did you ask for it? 2. Was it easy or hard for you to ask for help? 3. How did you feel when you asked for help?
	March 31, 2023 In my control https://www.youtube.com/watch?v=nxacynVqWd8

	- Watch the video. - With a partner, discuss situations that feel out of your control. - Use the numbered lines on the handout to share what feels out of control in your life.
	April 21, 2023 Focusing Attention https://www.youtube.com/watch?v=uTt_8vgSbAM - Watch the video. - Answer the question. - What are 4 tips to help you think and focus?
	April 28, 2023 Gossip Activity: Telephone: Whisper a message to one person in the class or group. Then, have them whisper it to the next person, and so on. Once everyone has heard the message, have the last person say the message out loud. It's very likely that the message will differ from the original. This is a great activity to help kids see how rumors and gossip can change over time. Video: https://www.youtube.com/watch?v=8n8RYJ105c0 Instructions: - Do the activity - Watch the video - Class Discussion/Morning Meeting Questions - Post the Questions on the

	board. Allow each student to select one to answer. 1. Has anyone ever said something about you that was untrue? How did it make you feel when people were talking about you in a negative way? 2. Have you ever said something that was untrue about someone else? Do you regret it? Why, or why not?
May 5, 2023 Growth Mindset - Get what you want https://www.youtube.com/watch?v=Rcu3L6qdnVE - Watch the video. - Answer the question. What are 4 great ways to get the most out of life?	
May 12, 2023 Wellbeing for Children: Identity and Values https://www.youtube.com/watch?v=om3INBWfoxY - Watch the video. - Ask students to make a list of things they love. - Talk about how their interests help to shape who they are. - Talk about how students can remain true to themselves while also respecting and learning from other people's differences.	
May 26, 2023 Stop Making Excuses & Own Your Actions	

<https://www.youtube.com/watch?v=RGJpO2qHUbQ>

- Watch the video
- Answer the question
- 1. What are 3 steps you can take to stop making excuses and own your actions?