

**(K - 2) Mindsets/SEL Assignments 2022 - 2023**

Mindsets	SEL
<p><b>Colt Mindsets: September 9, 2022</b> <b>Developing A Growth Mindset</b> <a href="https://www.youtube.com/watch?v=rUJkbWNnNy4">https://www.youtube.com/watch?v=rUJkbWNnNy4</a> Watch the video. Prompt: Sometimes it's hard to be brave when we are trying something new. When is it hard for you to be brave? Imagine yourself being brave. Draw a picture.</p>	
<p><b>Colt Mindsets: September 16, 2022</b> <b>CGI **Award-Winning** 3D Animated Short : "Soar" - by Alyce Tzue</b> <a href="https://www.youtube.com/watch?v=UUlaseGrkLc&amp;list=PLkAVUURATZSe51t6LzZxPd0H8-bpB088N">https://www.youtube.com/watch?v=UUlaseGrkLc&amp;list=PLkAVUURATZSe51t6LzZxPd0H8-bpB088N</a></p> <ul style="list-style-type: none"><li>- Watch the video.</li><li>- <b>Prompt:</b> What is something you struggle with? Do you know someone who may be able to help you when you are struggling? Who would you ask for help? Write about them/write their name/draw a picture of them/trace the word "helper".</li></ul>	
	<p><b>Colt Mindsets: September 23, 2022</b> <b>Inside Out: Guessing the feelings.</b> <a href="https://www.youtube.com/watch?v=dOkyKyVFnsS">https://www.youtube.com/watch?v=dOkyKyVFnsS</a></p> <ul style="list-style-type: none"><li>- Watch the video.</li><li>- Activity - As a class, allow students to guess what emotion each character is experiencing before the video reveals the answer.</li></ul>

	<ul style="list-style-type: none"> <li>- After the video is over allow students to draw a picture expressing their feelings.</li> </ul>
<p><b>Colt Mindsets: September 30, 2022</b>  <b>Long Story Shortz - My Gratitude Jar -</b>  <b>Written and Narrated by Kristin Wiens</b>  <a href="https://www.youtube.com/watch?v=6TYvJh5Cwvw">https://www.youtube.com/watch?v=6TYvJh5Cwvw</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Class discussion. Allow students to express their reactions to the video. Ask each student to share something they are thankful for.</li> </ul>	
<p><b>Colt Mindsets: October 14, 2022</b>  <b>You Can Learn Anything</b>  <a href="https://www.youtube.com/watch?v=JC82Il2cjQ&amp;t=15s">https://www.youtube.com/watch?v=JC82Il2cjQ&amp;t=15s</a></p> <p><u>Materials:</u>  Poster paper  crayons</p> <p><u>Instructions:</u>  1 - Watch the video.  2 - Write “We All Learn and Grow” in the middle of your poster paper (teacher will do this).  3 - Each child should trace their hand print on the paper (an adult can help them).  4 - Hang your poster outside your classroom door.</p>	
	<p><b>Colt Mindsets: October 21, 2022</b>  <b>What if Everybody Did That?/All About Social Skills for Kids!</b>  <a href="https://www.youtube.com/watch?v=811dQOisK0">https://www.youtube.com/watch?v=811dQOisK0</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Community Circle - Give every student a chance to share which part of</li> </ul>

	<p>the story they thought was most important and why. They can share verbally, through writing, or draw a picture.</p>
	<p><b>Colt Mindsets: November 4, 2022</b>  <b>Second Step Bullying Video</b>  <a href="https://www.youtube.com/watch?v=AY3a2V9sh-s">https://www.youtube.com/watch?v=AY3a2V9sh-s</a></p> <ul style="list-style-type: none"> <li>- Watch the video</li> <li>- Class Discussion: <ul style="list-style-type: none"> <li>- What did Chris do that helped Raffique?</li> <li>- What did the teacher do that helped everyone?</li> <li>- What could Raffique have done to help himself?</li> </ul> </li> </ul>
<p><b>Colt Mindsets: November 18, 2022</b>  <b>Goal Setting for Kids</b> - Watch the video.  <a href="https://www.youtube.com/watch?v=XGd0gq5Fgjc">https://www.youtube.com/watch?v=XGd0gq5Fgjc</a></p> <ul style="list-style-type: none"> <li>- What is something important you learned from watching the video? (written response or class discussion)</li> <li>- What is one of your goals?</li> </ul>	
<p><b>Colt Mindsets: December 2, 2022</b>  <b>Keep your surrounding clean   Good Habits for kids   Moral Stories   Polly Olly</b>  <a href="https://www.youtube.com/watch?v=QGvw_e1N5Ho">https://www.youtube.com/watch?v=QGvw_e1N5Ho</a>  Discuss several reasons why it's important to keep your surroundings clean.</p>	
	<p><b>Colt Mindsets: December 9, 2022</b>  <b>I CAN CONTROL MYSELF   Social Emotional Learning for Kids   Learning Self-control - Health Hero</b></p>

	<p><a href="https://www.youtube.com/watch?v=YfQm_9D40wI">https://www.youtube.com/watch?v=YfQm_9D40wI</a></p> <ul style="list-style-type: none"> <li>- Discuss several reasons why it's important to have self-control in your classroom.</li> <li>- Play Red light/Green light or Freeze Dance to practice self control.</li> </ul>
<p><b>Colt Mindsets: December 16, 2022</b>  <b>CGI 3D Animated Short: "Christmas Star"</b>  <a href="httpAnswers://www.youtube.com/watch?v=WGl8S3B2bWs">httpAnswers://www.youtube.com/watch?v=WGl8S3B2bWs</a></p> <ul style="list-style-type: none"> <li>- Watch the video</li> <li>- Community Circle - Sit in a circle. Ask the students if they think the man's efforts paid off. Let them share their thoughts in discussion.</li> </ul>	
	<p><b>Colt Mindsets: January 6, 2023</b>  <b>Good Neighbors are Compassionate</b>  <a href="https://www.youtube.com/watch?v=DAj-EtynOts">https://www.youtube.com/watch?v=DAj-EtynOts</a></p> <p>Watch the video.</p> <p>Class discussion - What does it mean to be compassionate?</p> <p>Draw a picture of what it means to be compassionate.</p>
<p><b>Colt Mindsets: January 13, 2023</b>  <b>Automatic Negative Thoughts - Meet the ANT Buddies.</b>  <a href="https://www.youtube.com/watch?v=NVT2vUQMKUc">https://www.youtube.com/watch?v=NVT2vUQMKUc</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Discuss questions 1 and 2.</li> </ul> <ol style="list-style-type: none"> <li>1. What is an ANT (automatic negative thought)?</li> <li>2. What are a few things you can do to get the ANTS to bug off?</li> <li>3. Draw a picture of an ANT buddy.</li> </ol>	<p><b>Colt tMindsets: January 20, 2023</b>  <b>5 Tips for Coping with Test Anxiety (for kids!)</b>  <a href="https://m.youtube.com/watch?v=sDYx9qM_vgg">https://m.youtube.com/watch?v=sDYx9qM_vgg</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Answer the questions.</li> </ul> <ol style="list-style-type: none"> <li>1. What is test anxiety?</li> <li>2. How can it affect you?</li> <li>3. What can you do about it?</li> </ol>

<p><b>Colt Mindsets: January 26, 2023</b>  <b>Stress Explained - Elementary Edition</b>  <a href="https://www.youtube.com/watch?v=k8FiAxAgqYE">https://www.youtube.com/watch?v=k8FiAxAgqYE</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Answer the questions/Class discussion             <ol style="list-style-type: none"> <li>1. Socratic Seminar - allow each student to share something they get stressed about (if they want to).</li> <li>2. Talk about/review the strategies provided in the video to relieve stress.</li> </ol> </li> </ul>	
<p><b>Colt Mindsets: February 3, 2023</b>  <b>The Effects of Too Much Screen Time   Teach kids about SCREEN TIME</b>  <a href="https://www.youtube.com/watch?v=4f8KUqUWaBI">https://www.youtube.com/watch?v=4f8KUqUWaBI</a></p> <p>Watch the video.          As a class, talk about the negative effects of too much screen time.</p>	
	<p><b>Colt Mindsets: February 10, 2023</b>  <b>Being a Good Friend</b>  <a href="https://www.youtube.com/watch?v=QC9A6D-2YBQ">https://www.youtube.com/watch?v=QC9A6D-2YBQ</a></p> <p>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></p> <ol style="list-style-type: none"> <li>1. What does being a good friend mean to you?</li> </ol>

	<ol style="list-style-type: none"> <li>2. What is one quality you look for in a friend?</li> <li>3. Why should a friend be a good listener?</li> </ol>
<p><b>February 17, 2023</b>  <b>The Girl he did not want to try new things</b>  <a href="https://www.youtube.com/watch?v=yNnNoFog7l4">https://www.youtube.com/watch?v=yNnNoFog7l4</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Community Circle - Sit in a circle. Give each child a chance to tell the class something new they tried recently, or something new they would like to try.</li> </ul>	
<p><b>March 3, 2023</b>  <b>Stress Management Tips for Kids and Teens</b>  <a href="https://www.youtube.com/watch?v=3Nf2Pzcketg">https://www.youtube.com/watch?v=3Nf2Pzcketg</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Answer the questions (K-2 may have a discussion) <ol style="list-style-type: none"> <li>1. What is stress?</li> <li>2. How does stress affect you?</li> <li>3. What are some helpful ways to cope with stress?</li> </ol> </li> </ul>	
<p><b>March 17, 2023</b>  <b>Cartoon about positive thinking</b>  <a href="https://www.youtube.com/watch?v=2M_wZLyO1zY">https://www.youtube.com/watch?v=2M_wZLyO1zY</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Answer the questions. (K-2 can have a class discussion) <ol style="list-style-type: none"> <li>1. Have you ever felt like the sheep after he lost his fleece? What happened?</li> </ol> </li> </ul>	

<ol style="list-style-type: none"> <li>2. What did you think about the Jackalope's idea to just bounce back and deal with it? Is that hard to do?</li> <li>3. Which would be harder? Bouncing back, or just dealing with it?</li> <li>4. What else can you do if you feel sad or down, and you want to feel better?</li> </ol>	
	<p><b>March 24, 2023</b>  <b>Asking for Help</b>  <a href="https://www.youtube.com/watch?v=j-pR_bg5cFI">https://www.youtube.com/watch?v=j-pR_bg5cFI</a></p> <p>-Watch the video.  -Discuss the questions.</p> <ol style="list-style-type: none"> <li>1. Think of a time when you needed help. Did you ask for it?</li> <li>2. Was it easy or hard for you to ask for help?</li> <li>3. How did you feel when you asked for help?</li> </ol>
	<p><b>March 31, 2023</b>  <b>In my control</b>  <a href="https://www.youtube.com/watch?v=nxacyNVqWd8">https://www.youtube.com/watch?v=nxacyNVqWd8</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- As a class, discuss situations that feel out of your control.</li> <li>- Use the numbered lines on the handout to share what feels out of control. The teacher can fill out one paper using ideas provided by the students.</li> </ul>
	<p><b>April 21, 2023</b>  <b>Focusing Attention</b></p>

	<p><a href="https://www.youtube.com/watch?v=uTt_8vgSbAM">https://www.youtube.com/watch?v=uTt_8vgSbAM</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Answer the question.</li> <li>- What are 4 tips to help you think and focus?</li> </ul>
	<p><b>April 28, 2023</b> <b>Gossip</b></p> <p><b>Activity:</b> 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.</p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=8n8RYJ105c0">https://www.youtube.com/watch?v=8n8RYJ105c0</a></p> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>- Do the activity</li> <li>- Watch the video</li> <li>- Answer the questions (class discussion for K-2)</li> </ul> <ol style="list-style-type: none"> <li>1. Has anyone ever said something about you that was untrue?</li> <li>2. How did it make you feel when people were talking about you in a negative way?</li> <li>3. Have you ever said something that was untrue about someone else?</li> <li>4. Do you regret it? Why, or why not?</li> </ol>



<p><b>May 5, 2023</b>  <b>See how life can change when our perception changes</b>  <a href="https://www.youtube.com/watch?v=7o61rF_mGR4">https://www.youtube.com/watch?v=7o61rF_mGR4</a></p> <ul style="list-style-type: none"> <li>- Watch the video</li> <li>- As a class, talk about how your perception changed during the video.</li> <li>- Draw a picture of your favorite part of the video.</li> </ul>	
<p><b>May 12, 2023</b>  <b>Wellbeing for Children: Identity and Values</b>  <a href="https://www.youtube.com/watch?v=om3INBWfoxY">https://www.youtube.com/watch?v=om3INBWfoxY</a></p> <ul style="list-style-type: none"> <li>- Watch the video.</li> <li>- Ask students to make a list of things they love.</li> <li>- Talk about how their interests help to shape who they are.</li> <li>- Talk about how students can remain true to themselves while also respecting and learning from other people's differences.</li> </ul>	
<p><b>May 26, 2023</b>  <b>Stop Making Excuses &amp; Own Your Actions</b>  <a href="https://www.youtube.com/watch?v=RGJpO2qHUbQ">https://www.youtube.com/watch?v=RGJpO2qHUbQ</a></p> <ul style="list-style-type: none"> <li>- Watch the video</li> <li>- Answer the question (K-2 can have a class discussion and the teacher can note the talking points on a piece of paper)</li> </ul>	

<p>1. What are 3 steps you can take to stop making excuses and own your actions?</p>	
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