

GRADE 5

Norm of the week: *Care for Self and Others*

Video link: [Where there's help, there's hope](#)

For Discussion:

Who are the real super heroes during this crisis and why?

Who are some people we may be forgetting to show appreciation for and why?

How does staying home and taking care of ourselves by washing our hands help others?



Second Step Activity (can be done any day this week): [Lesson 10](#)

MONDAY (5/11)

Mindfulness Activity: Watch this [Mindful Listening](#) video and follow along for your 2 min. of mindfulness!

Norm Activity: Draw a picture or some words of encouragement for your community bus/truck drivers/ postal delivery workers and hang it in your window so they can see it when they pass by! Or send an email to your school to share with the Greenwich Public School bus drivers!

-[School bus template](#)

-[Garbage truck template](#)

-[Post office truck template](#)

TUESDAY (5/12)

Mindfulness Activity: Watch this [Mindful Breathing](#) video and follow along for your 2 min. of mindfulness!

Norm Activity: Call or write a letter to a neighbor on your street that may enjoy connecting with someone! Call or write a letter to a friend just to say hi and see how they are doing

WEDNESDAY (5/13)

Mindfulness Activity: Watch this [Sending Kind Wishes to Ourselves](#) video and follow along for your 2 min. of mindfulness!

Norm Activity: Help your parents or caregivers with chores for a day. Be sure to thank them for all that they are doing for you.

THURSDAY (5/14)

Mindfulness Activity: Watch this [Sending Kind Wishes to Someone you Love](#) video and follow along for your 2 min. of mindfulness!

Norm Activity: Send cards to Greenwich Hospital or other health care facility to thank them: *Greenwich Hospital Perryridge Rd, Greenwich, CT 06830*

FRIDAY (5/15)

Mindfulness Activity: Watch this [Gratitude Exercise](#) and follow along for your 2 min. of mindfulness!

Norm Activity: *Dress like a superhero (think: doctors, nurses, moms, dads, drivers, etc..)*



Upload a picture or video of your project or yourself to Twitter
(with adult supervision)

Tag @GPSBehaviorTeam and @DrJones_GPS
with the hashtag #CareforSelfandOthers

AND/OR

Send an email of your picture/video to your building principal!