

# GRADE K

Norm of the week: *Be Here*

Video link: [Alone Together, Stay Home | Coronavirus Response | Ad Council](#)

For Discussion:

Being home is the best place for us to be right now.

What are some things you like about being home? What are some things you don't like?

What can you do to make being at home more fun?

When we stay home and remember to wash our hands we are helping others too.



Second Step Activity (can be done any day this week): [Lesson 12](#)

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## MONDAY (5/4)

**Mindfulness Activity:** Watch this ["Mindful Listening" w/ Mr. Duncan \(CC\)](#) video and follow along for your 2 min. of mindfulness!

**Norm Activity:** Dress in your at home work attire aka PJ DAY and work on your "Peace Corner" ([here is a template!](#))

## TUESDAY (5/5)

**Mindfulness Activity:** Watch this ["Breathe Like a Bear" mindfulness w/ Mrs. Bonano \(NSS\)](#) video and follow along for your 2 min. of mindfulness!

**Norm Activity:** Create a list of at least 3 things you would still like to do while you are at home. Ask a parent or guardian to help you plan to make these things happen. One idea is daily, [Cosmic Kids Yoga!](#)

## WEDNESDAY (5/6)

**Mindfulness Activity:** Watch this ["Sending Kind Wishes to Ourselves" w/ Mrs. Ramirez-Smith \(NSS\)](#) video and follow along for your 2 min. of mindfulness!

**Norm Activity:** Create a card, picture or letter to thank someone in your house who is keeping you safe at home (Mother's Day is coming!!) [Printable Mother's Day Cards](#)

## THURSDAY (5/7)

**Mindfulness Activity:** Watch this ["Sending Kind Wishes to Someone You Love" w/ Mrs. Ramirez-Smith \(NSS\)](#) video and follow along for your 2 min. of mindfulness!

**Norm Activity:** Plan a stay at home celebration- be creative- menu, music, attire, etc! (bake-off, mother's day, cultural theme night, your favorite decade, half birthday, etc...)

## FRIDAY (5/8)

**Mindfulness Activity:** Watch this ["Gratitude" w/ Mr. Duncan \(CC\)](#) and follow along for your 2 min. of mindfulness!

**Norm Activity:** [Friendly Flex Friday](#)



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

Tag @GPSBehaviorTeam and @DrJones\_GPS  
with the hashtag #BeHere

AND/OR

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