Warren Street Classroom SEL Daily Lessons Schedule

Wee k	Dates	In Person SEL Activity
1	9/14- 9/18	Must Do: Lesson: "Back to School 2020" & "Distance Learning"
		Other Suggested Activities:
		 Back to School SEL Ice Breakers & Activities Provide time for students to join the SEL Google Classroom and demonstrate how students can navigate the SEL Google Classroom
2	9/21-9/25	Must Do: PAX Kernel: PAX Vision PAX Vision Recipe Card for reference Steps: Define what PAX Vision means: "PAX means peace, productivity, health, and happiness. The PAX Vision is our roadmap for achieving these things in school." "PAX Vision is what we want to see more, hear more, do more and feel mor in the classroom and what we want to see less, hear less, do less, and feel less." Begin creating the classroom PAX Vision Board for in school classroom expectations Tie in the Strive for Five School Rules. "PAX Leaders following our classroom vision board are striving for five by having Respect, Leadership, Cooperation, Responsibility, and Self-Control" Display student ideas for what they want to see more and less of in school Other Suggested Activities: 1. Back to School Student Interview

3	9/27- 10/2	Must Do:
		Monday/ Tuesday PAX Kernel: PAX Vision ♣ Brainstorm and add 1 class idea to each of the school-wide VIRTUAL learning vision board sections (See more, hear more, feel more, do more, see less, hear less, do less, fee less) to the shared google doc to be discussed at the 9/30 morning meeting ♣ Review and add any other ideas to the PAX classroom Vision Board. ♣ Display student ideas for what they want to see more and less of in school Thursday/Friday Lesson: What I Can Control
		Other Suggested Activities:
		 BrainPOP News: How Soap Works I Would Rather This or That Activity
100000		OCTOBER
4	10/5-10/9	Must Do: Monday/Tuesday PAX Kernel: Mystery Motivators ("Granny's Wacky Prizes") PAX Mystery Motivator Recipe Card for reference Steps: ♣ Review what a PAX Granny's Wacky Prize is and discuss the prizes that students would enjoy earning throughout the year ♣ Review the list of prizes with students and discuss prizes that they would like to earn in the classroom and virtually. ♣ Practice a few of the prizes that students picked Thursday/Friday Lesson: BrainPOP Video: Faces https://www.brainpop.com/health/emotions/faces/

5	10/12-10/1	Must Do:
	6	Monday/ Tuesday Teacher Directions Watch the BrainPop video on goal setting.
		Thursday/Friday Lesson: Complete the attached <u>Worksheet</u> about goal setting.
		Other Suggested Activities:
		1. Take time to answer some Review Questions about setting goals.
6	10/19-10/2	Must Do: Monday/Tuesday PAX Kernel: OK/Not OK PAX OK/Not OK recipe card Steps Introduce the PAX Kernal of OK/Not OK Use recipe card for reference Healthy Relationships Thursday/Friday Lesson: Kindness activities
7	10/26-10/3	Must Do: Monday/Tuesday Responsible Decision Making Lesson Thursday/Friday Lesson: Responsible Decision Making Game
		November

8	11/2-6	Must Do:
O	Self & Social awareness	Monday/Tuesday Watch the video on Mindfulness and discuss. Quiz is optional Brainpop on Mindfulness Thursday/Friday Lesson: Classroom Activity 2: Know your emotions SEL Catalog on page 7 Other Suggested Activity:
		Class Dojo Moods and Attitudes SEL Catalog on page 9
9	11/9-11/13	Must Do:
		Responsible Decision Making: Conflict Resolution
A CANADA TO THE CONTRACT OF TH		Monday/Tuesday Lesson: Classroom Activity 1: Introduction to Conflict Resolution Introduction to Conflict Resolution (after clicking on the link, wait a moment and it will bring you to the correct page in the SEL catalog) Thursday/Friday Lesson: Classroom Activity 2: BrainPOP Video: Conflict Resolution BrainPop: Conflict Resolution (after clicking on the link, wait a moment and it will bring you to the correct page in the SEL catalog)
10	11/16-11/20	Monday & Tuesday: Kid President Video - "20 Things We Should Say More Often" https://youtu.be/m5yCOSI/leYn4 Have a conversation with the students about positive words and how they make us feel. Tie into our PAX vision of things we want to hear more of. Activity - give the students 1-2 sticky notes for them to write a positive word or phase they could use in school. Display with your PAX vision board. Thursday & Friday: Kid President Video - "25 Reasons to Be Thankful" https://youtu.be/yA5Qpt1JRE4 This is a lighthearted video with lots of funny parts. Activity - You will be given two half sheets for the students to use. One will be a Thanksgiving
		Tootle paper for them to write a tootle recogining or giving thanks to someone in our school. The thankful Thanksgiving sheet is for students to show appreciation to a family member or

	, 120 500	someone outside of school. Encourage students to deliver the positive notes.
		Other Suggested Activity: 1) There is lots of dancing in this video which would be a great Granny's Wacky Prize to use with your class. Might go like this You win a dance break inspired by Kid President. You wi have one minute to show your best dance moves (music optional).
		2) BrainPop Jr video on Gratitude (might be better for 3rd and 4th) https://jr.brainpop.com/health/feelings/gratitude/
11	11/23-11/27	Must Do:
		Monday/Tuesday What is Gratitude 5th and 6th grade Watch video https://www.youtube.com/watch?v=Y3cpV_dnN_l Discuss why the man changed 3rd and 4th watch https://www.youtube.com/watch?v=I6zL3CtYG6Q
		https://docs.google.com/document/d/1DHFbG0Rglib25_LJXH9jToWOAEM-PdIJLM0-22cBANg/edit
		Thursday/Friday No school
		Other Suggested Activity:

December

Starting week of 11/30-12/4 there will only be 1 SEL lesson per week. You may teach the lesson over both days each week or teach the lesson in one day and then add a supplemental lesson on the second day. The SEL Committee will provide other suggested activities or you may develop your own supplemental activities. The second SEL time can also be used to make-up any missed SEL lessons

12	11/30-12/4 Self & Social	Must Do:
	awareness	Yoga - click on the link for some Yoga. There are 8 different videos (super quick). Feel free to do one or try them all. https://kidshcalth.org/en/kids/study-yoga.html Discuss how Yoga is a great way to relax and manage stress (topic for Thursday and Friday)
		Discuss now logu is a great way to relax and manage stress (topic for indistally and rinday)
		Other Suggested Activity:
		The science of Yoga- Meditation The science of Yoga- Posture The science of Yoga- Diet
13	12/7-12/11	<u>Must Do:</u>
		Watch the Brainpop video on Stress <u>Video - Stress</u> Have students brainstorm different ways to manage stress
	The state of the s	Other Suggested Activity:
14	12/14-12/1	Must Do:
	8	All About Me Initials To do this activity, give each student a piece of white paper. You can print off the letters below, or have them draw their own bubble letter of their first initial. Then, students can write or draw about themselves inside the initial letter. You can either give students specific things to write/draw (such as their favorites foods, their family, what they like to do, etc.) or leave it open-ended. After students complete their initials, you can hang them up in the classroom or the hallway! All About Me Initials to print
		Other Suggested Activity: Here is an uplifting video that is also posted in the SEL google classroom this week: https://www.youtube.com/watch?v=D9OOXCu5XMg
15	12/21-12/2	<u>Christmas Activities</u>
		MUST DO Please show this SEL Classroom Promo Loom Video
		Optional Activities: https://www.youtube.com/watch?v=lkyimOYvelk_christmas light display
		https://www.youtube.com/watch?v=V8L4LjqOKmE_winter celebrations around the work
		https://www.youtube.com/watch?v=0dOCFoASkEM_traditions around the world- done

		Para Internal
		<u>by kids</u>
		https://www.youtube.com/watch?v=sCAnZWzgvSk Christmas facts
		https://www.youtube.com/watch?v=790S_jG-HqQ_story of the christmas tree
		https://museumhack.com/virtual-christmas-party/ (Not the party ones maybe, but there are some other good ideas on here)
		January
		There will only be 1 SEL lesson per week. You may teach the lesson over both days each week or teach the lesson in one day and then add a supplemental lesson on the second day. The SEL Committee will provide other suggested activities or you may develop your own supplemental activities. The second SEL time can also be used to make-up any missed SEL lessons***
16	1/4 - 1/8	Pax Activities to Encourage this Week: Revisiting Pax Vision Board Praise good PAX behavior in hallways/specials Tootles to 3 students Let someone go ahead of you in line
		Must Do:
		Grades 3 & 4 Classroom Activity 1: Class Dojo Videos: Respect Episode 1: The Very Important Monster Time: 10 minutes Description: Mojo is chosen as the "Very Important Monster" of the week, but the special title changes how he acts towards his friends.
		Lesson steps:

		 Introduce topic by sharing the above information Play the video
ALL		3. After watching the video, use the discussion guide to ask why Katie showed Mojo the VIM mirror, to ask how it feels to be treated the way Mojo was treated his friends, and to ask if there is a difference between being disrespectful and being mean.
		Materials:
	· ·	 <u>Video (3:22)</u> <u>Discussion Guide</u>
		Make an <u>acrostic</u> poem about Respect
	:	Grades 5 & 6
		Description: Teaching our kids about respect, begins with treating others as we want to be treated Morgan provides us with some helpful tips and tells us three awesome stories about respecting others.
		<u>Video</u>
		Activity:
:		Pause at 1:03. How could you show respect in this situation? Pause at 2:10. How could you show respect in this situation?
		Pause at 2:45 How could you show respect in this situation?
		Make an <u>acrostic</u> poem about Respect
		Other Suggested Activity:
		<u>Everybody is Unique</u>
		Bullying and Diversity
		Positively Respectful
17	1/11- 1/15	Pax Activities to Encourage this Week; Tootles to custodians/cafeteria workers Give compliments to someone Hold the door for someone Set PAX goals for the year
		Must Do:
		Responsible Decision Making: Ethical Responsibility Click on the link below, it will bring you to the SEL catalog (it will take a few seconds before i will jump to the correct spot in the catalog for the lesson).
		- <u>Ethical Responsibility</u> - BrainPop Ethics Lesson 1 (video posted at bottom of lesson)
		Other Suggested Activity:
		Ethical Responsibility: BrainPop Ethics Lesson 2

		New Year's Resolutions
18	1/18-1/22	Pax Activities to Encourage this Week; Reflect on how you can honor the opportunities that Dr. Martin Luther King Jr. paved for access for ALL
		Set a goal to win a Wacky Prize Write a note to someone thanking them for something Reflect on your behavior. Does it meet PAX standards?
		Must Do:
		Click on the link below to watch a video about Self Esteem. Self Esteem Video
		After watching the video, students can fill out the worksheet. Worksheet
		Other Suggested Activity:
19	1/25-1/29	Pax Activities to Encourage this Week: Try using your opposite hand today. How does it feel to be challenged? Write down 5 successes from the month Tootles for aides/assistants
		Must Do:
	1	

office & Youth Send Value fines to Home Delivered Weals recipients - kids of all ages, send cards to 19 N William St Johnstown by February 10th! THANK YOU!

Review what the office of the aging is and what they do. Have students make cards or use the templates shared by Theresa House. All cards can be put into Theresa's mailbox and we will get them to the office.

https://www.fultoncountyny.gov/office-aging

Other Suggested Activity:

February

There will only be 1 SEL lesson per week. You may teach the lesson over both days each week or teach the lesson in one day and then add a supplemental lesson on the second day. The SEL Committee will provide other suggested activities or you may develop your own supplemental activities. The second SEL time can also be used to make-up any missed SEL lessons***

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20	2/1-2/5	Pax Activities to Encourage this Week: Try using your opposite hand today. How does it feel to be challenged? Write down 5 successes from the month Tootles for aides/assistants
		Must Do:
		Stress management
		BrainPop
		Other Suggested Activities:
		The Character Strength of the week is "Creativity". Here are some activities that tap into creativity:
		One word, plus movement: Start by asking each student to share one word that describes how they're currently feeling and pair it with a movement. Take this a step further by having all classmates mirror the movement back to show validation. Or have students try on different emotions by using their faces and bodies to depict what happiness, anger, stress, pride, surprise, sadness, etc. might look and feel like.
		<u>Fill-in the Bubbles Comic</u> : <u>Print this comic</u> and have students fill the dialog in the speech and thought bubbles. Have students share what they wrote. Students can also color in the comic.
		Brain Teasers: Print these brain teasers along with the answer key. Have students complete the brain teasers and then share what they wrote for each question.
American de la companya de la compan	a constant of the constant of	PAX Mad Libs: Print this PAX Libs activity. Encourage students to come up with creative words and have fun reading the story at the end!
21	2/8-2/12	Must Do:
		Reflective Writing: Reflective writing helps students develop self-awareness as well as empathy
		and compassion. The students can choose one of the following quick writes to complete. Prompts If you have time, ask some to share their responses.
		Other Suggested Activity:
		My Heart Puzzle- Have students identify their support system by writing down a person, place, or thing in each puzzle piece. Then they can color in the puzzle and share who or what they identified as being part of their support system.
		My Heart Chats - Read the cards and ask the class to answer each question. The class will get to know each other better and see if there are similarities or differences in how they answer. The teacher could cut up the cards or read the questions off of the paper

22	2/22-2/26	Must Do: Forming and maintaining healthy relationships is essential to your students' social and emotional development. But teaching them how to do it isn't always easy. Focus on Friendships
		Positive friendships are critical to students' mental health. But being a good friend is easier said than done.
		Share the article "How to Be a Good Friend" with your students to show them how they can be a supportive and thoughtful companion.
		This fun text features three tricky friendship scenarios, three rules for friendship and tips on coping when a friend does something hurtful.
		Other Suggested Activity:
		Encourage students to express their gratitude to a close friend with this printable letter template.
		Thank You for Being a Friend

March

There will only be 1 SEL lesson per week. You may teach the lesson over both days each week or teach the lesson in one day and then add a supplemental lesson on the second day. The SEL Committee will provide other suggested activities or you may develop your own supplemental activities. The second SEL time can also be used to make-up any missed SEL lessons***

23	3/1-3/5	Must Do: Thank you cards to healthcare workers. Templates and information will be sent in an email by Theresa House. Other Suggested Activity:
24	3/8 -3/12	Must Do: Build Conflict Resolution Skills Even the best friendships have drama from time to time—and it can be extra hard to admit whe we're the cause. Share the Choices article "Am I the Jerk?" and show your students how to take responsibility for their actions and apologize with grace.
		Other Suggested Activity:
25	3/15-3/19`	Must Do: Responsible Decision Making Show the following video: Decisions, Decisions, Decisions! Kid Correspondent Making pros and cons list to help make a decision: Pass out Decision Making packet- (passed out a few weeks ago, dated 3/1-3/5) Read the first page together then have students practice making pros and cons lists to different scenarios.
		Other Suggested Activity:

26	3/22-3/26	Must Do:
		Classroom Activity 3: Learning about your Social Filter Time: 25-30 minutes Description: Students will learn about their social filter in order to "Stop and Think" before saying something that may hurt someone else's feelings or make them feel uncomfortable.
		Lesson steps 1. Show the video "Think it or say it" 2. Recap the video: a. When Alessandra gets a gift from Serena that she doesn't like, she hurts Serena's feelings by telling her she doesn't like it. When she tries again, she pauses a second and wonders: Should I Think it or Say it? b. When Alessandra pauses, she is using something called her "Social Filter"
		 3. Open the Social Filter Slideshow to teach the rest of the lesson Materials: Video (3:05) Social Filter Slide Show Social Filter Handout
		Other Suggested Activity: Filter Comic Expected vs. Unexpected Activity
27	3/29-4/1	Must Do: ATTENDANCE SURVEY- please share your specific link with your students and have them complete this survey during their SEL time. 3rd 4th 5th
		Classroom Activity 1: Self-Compassion Time: 20-25 minutes Description: This lesson introduces students to self-compassion. Self compassion allows us to be kind to ourselves and be accepting and understanding of ourselves in times of failure or suffering. A person showing self compassion isn't simply ignoring the skills or abilities that they need to improve in. Instead, they tell themselves that they haven't learned the skills YET,

but that they can keep trying to learn. They are also reminding themselves that there are many other things that they ARE good at. It's important sometimes to show kindness to yourself so that you feel motivated to keep learning new things!

Lesson steps:

- 1. Introduce the lesson by reading the above information
- 2. Show the fable video to introduce self-compassion
- 3. Reflect and Discuss the video. Ask:
 - How do you think the girl felt when the reflection in the mirror said, "I like being you"? (Answers: Surprised; loved; relieved; astonished; happy)
 - What were some of the compliments the reflection in the mirror gave the girl? (Answers: "I like your eyes", "You have a marvelous voice"; "You have a magnificent smile"; "You are quite smart"; "I like that you are friendly"; "You're as peaceful as a butterfly"; "You have a lot of courage"; "You're as brave as a lion"; "You're a fantastic dancer"; "You have a terrific laugh"; "I like your heart"; "You're kindness is as beautiful as a rainbow")
 - Who was really telling the girl those things? Was it the reflection in the mirror or someone else? (Answer: The girl was actually telling herself those things)
 - Why is it important to take a few moments during the day to give yourself some love? (Answer: When you give yourself unconditional love, it's easier to face things that are difficult for you and improve because you also give yourself credit for the wonderful talents and skills you do have. It's easier and less daunting to try new things or improve skills when you have a growth mindset and are self-compassionate)
- 4. Worksheet and Activity
 - Hand out the Building Self-Love worksheet and give students 10 minutes to complete
 - As students complete the worksheet, pass out the Rays of Sunshine Affirmation activity
 - When students are finished ask for volunteers to read what they wrote on the
 Building Self-Love Worksheet

Materials:

- Fable Video: The Reflection in Me
- Building Self-Love Worksheet
- Rays of Sunshine Affirmation Activity
- Positive Affirmation List

Other Suggested Activity:

<u>Around the Room</u> - Write positive affirmations on popsicle sticks or slips or paper. Put them all together in a bag or box. Go around the room and have

students randomly pick out a slip to read. This gives every learner a chance to read a random positive affirmation.

Positive Affirmation Collage - Have students create their own collage with a picture of themselves in the middle. All around their picture, they should add words and images focused on positive affirmations. This can be the most fun when students clip words out of magazines but you can also have them write the positive words on paper and paste them right on to their collage. Learn more about other ways to integrate social emotional learning into art.

APRIL

*Please use at least 2 days a week to do SEL activities!

Must Do: 4/12-4/16 28 1) Essential worker thank yous. Check your email for a message from Theresa or what group you are thanking. All thank yous and materials are due to Theresa by April 30. You can hand them in earlier if you would like. 2) Marigold planting. Seeds and planting materials will be distributed. The growing plants will be distributed to office of the aging and some nursing homes They will need to be watered and grown in your classroom until May or beginning of June. Other Suggested Activity: Team building activities with new full group - these are some websites with ideas: https://www.weareteachers.com/team-building-games-and-activities/ https://www.bookwidgets.com/blog/2019/10/15-fun-team-building-activities-and-trust-g ames-for-the-classroom Virtual ideas - https://www.weareteachers.com/online-team-building-activities/

29	4/19-4/23	Must Do: <u>Team Building with New Full Group</u> - Help students get to know their new crew by
:		completing a classroom quilt. Templates will be copied and put in your mailboxes.
		Share and display in the hall.
		Other Suggested Activity: See suggested activities from last week with websites.
30	4/26-4/30	Must Do: Identify Unhealthy Relationships
		So you've taught your students how to be good friends and resolve conflicts. That's great!
		But sometimes, it really IS the other person.
		Share the Choices article "The 7 Types of Toxic Friendships" to help your students identify
		unhealthy relationships in their lives. They'll get expert tips on how to fix or end friendships that are
		bad for their health.
		Other Suggested Activity: Gossip comes easily to teens. We've got some defense strategies to help them change the subject in a flash. The Anti-Gossip Shield
Management and the second seco		
31	5/3-5/7	Must Do: Responsibility -
		1) Stop Making Excuses & Own Your Actions Video - https://youtu.be/RGJpO2qHUbQ
The state of the s		2) Choices & Consequences - "I Have, Who Has" Game Teachers will receive directions, answers, and a class set of cards needed for this activity. All you need to do is cut the cards provided.
		Other Suggested Activity: Extra practice scenario sheet provided in the above teacher packet. Copy if you choose to use this.