

Week of April 5th

Monday	<p>Goals</p> <ul style="list-style-type: none">• Zones Check-In- What are you feeling today? What Zone are you in? Why? <p>Transitioning back into a routine and the school routine after a break can always be tough, let's have a great week, do our best to transition back and enjoy our last two months of the school year together!</p> <p>Wild Robot - AP projects (90 second Newbery's)</p> <ul style="list-style-type: none">• Last week we wrapped up our All School Read of <i>The Wild Robot</i>. Our AP students had a unit prior to Spring Break that used our All School Read book for their studies and they had to create a 90 second Newbery to display their learning. The 90-Second Newbery Film Festival is an annual video contest in which young filmmakers create weird short movies that tell the entire stories of Newbery-winning books in about a minute and a half. (Ever since 1922, the Newbery Medal has been recognized as the most prestigious award in children's literature.)• Here were their expectations:<ul style="list-style-type: none">◦ Read and analyze plot, theme and characters of <i>The Wild Robot</i>◦ Collaborate to break down a story and write a 90-second script. May focus on a particular scene, chapter, or even the novel as a whole◦ Apply the Crash Course on Cinematography techniques to a 90 second film• Since we all read the same book, we wanted to share a few examples of what the AP student teams turned in for you to watch and enjoy!<ul style="list-style-type: none">◦ Padlet w/Movies (1st one on padlet is geared towards older students/ adults, last one on padlet is really solid, but pick whichever or a few you'd like to show students).
Tuesday	<p>Goals</p> <ul style="list-style-type: none">• Positive Self Talk and Personal Affirmations <p>Lesson</p> <ul style="list-style-type: none">• People often "talk" with themselves in their minds throughout the day- and how we do that can greatly influence how we feel.• For example: if you have a math assignment to work on and you tell yourself, "I'm never going to get this done, there are so many problems. Ugh, this is the worst!" you will feel much differently than if you say, "I can do this. I am going to do all the ones I know, take a break and then ask a teacher to help with the ones I don't know!"• Affirmation - an affirmation is anything you say or think about yourself. The important thing is to train your brain to think positively! Growth mindset! It's also important to be in tune with your feelings and know, when I'm feeling ____, this is usually a time I need a positive affirmation to go to.• Video: https://www.youtube.com/watch?v=pdjaxS4ME2A• As a class, brainstorm a list of affirmations that you could write on a piece of chart paper or post-it notes as a visual reminder for them when they need some positive affirmation during the day. Also have students think about if they

	<p>can come up with a time of day or situation where it would be helpful to have an affirmation (i.e. when frustrated with work, when I'm tired, etc).</p> <ul style="list-style-type: none"> ○ Examples: <ul style="list-style-type: none"> ■ I can do it! ■ Even when things are hard, I can get through it! ■ I am capable and confident.
Wednesday	<p>A quick check in. If you have a class topic or class based thing you want to talk about, this is a great time.</p> <ul style="list-style-type: none"> ● Mid Week Check- In: Rose/Thorn (Article explaining for staff).
Thursday	<p>Goal</p> <ul style="list-style-type: none"> ● Self Awareness/Management (Sleep!) <p>Discussion</p> <ul style="list-style-type: none"> ● A few weeks ago we had daylight savings - when we turn the clocks an hour ahead. After that, the days are getting longer in regards to it's light outside for more time. With the nicer weather and more sun, and coming off of a week long break from school, it's easy to fall out of daily routines that help set us up for success each day. ● One super important routine is having a good nightly sleep routine - both getting ready for bed and then getting enough sleep. We are going to watch a brain pop video that will teach you all about sleep and why we need it! You'll learn exactly how your body rests during sleep, and what your brain does, too. Find out what would happen if you didn't sleep for a day or many days - it's not a pretty picture! Plus, you'll discover the cycles that happen during sleep. ● Sleep: <ul style="list-style-type: none"> https://www.brainpop.com/behavior/sleep/ (4 mins long) https://www.youtube.com/watch?v=nwAYpLVyeFU&t=11som/science/ecologyandbehavior/sleep/ (4 mins long) <p>Follow Up</p> <ul style="list-style-type: none"> ● Think about your own sleep habits. Are you getting enough sleep each night? Are you sleeping through the night? Do you feel rested in the morning? If not - what can you do to change that? (go to bed 15 mins earlier, put devices away an hour before bed time, establish a before bed routine, etc).
Friday	<p>Goal:</p>

- Self & Social Awareness: Kindness

Lesson:

- Earlier this week we discussed positive self talk and personal affirmations. Another component of that is what can we do or how can we behave so that we spread positivity? An easy first step - being kind! We are going to watch a video where a camera tracks an act of kindness as it's passed from one individual to the next and manages to boomerang back to the person who set it into motion. One small act can go a long way!
- Kindness Boomerang: <https://www.youtube.com/watch?v=nwAYpLVyeFU&t=11s>

Discussion Questions

- Name four acts of kindness you saw in this video.
- What could you do to start a ripple effect of kindness?
- Why are acts of kindness important in our world?