

## Week of Feb. 1st

<b>Monday</b>	<p>Goals:</p> <ul style="list-style-type: none"><li>● <a href="#">Zones Check-In</a>- What are you feeling today? What Zone are you in? Why?</li><li>● Relationship Skills -</li></ul> <p>Activity</p> <ul style="list-style-type: none"><li>● <b>Relationship Skills</b> - we've talked about how at school our classrooms are our classroom communities and it's important to get to know our classmates that make up our classroom community so we can work together and be part of a safe, positive learning space. Since we don't get to interact with the other classes on the playground, it's even more important that we get to know one another - as learners and people - to best understand one another. Strong relationships are built from communication and work on knowing one another. We are going to play a game the first day of every week until every classmate in our room gets a chance to do some sharing.</li><li>● Getting to know you game. Pick 2-3 students or take volunteers (you choose how many depending on time), to sit in front of the class and answer 5 questions. They will be asked/answer the below two questions and then three questions that your class can generate that they want to know about the student.</li><li>● Boundaries<ul style="list-style-type: none"><li>○ The student answering questions can "pass" on answering any question that they don't want to answer or are not comfortable answering.</li><li>○ Questions need to be appropriate.</li><li>○ Goal is to get to know our classmates better!</li></ul></li><li>● Questions<ul style="list-style-type: none"><li>○ 1. What is one trait you look for in a friend? (kind, helpful, funny, etc)</li><li>○ 2. What is something that really bothers you while learning (we call this a pet peeve)? (Example: pet peeves are something someone does that we don't like, but they might not know that it bothers us. For example when someone interrupts the teacher, or a tapping pencil, etc).</li><li>○ 3, 4 &amp; 5 - classroom generated (examples - what's your favorite book character, what do you like best about school, what do you look forward to most each day, what's one thing you wish all your classmates knew about you, etc).</li></ul></li><li>● Wrap Up - the more we know about our peers, the more socially aware we can be as their work partners, friends, and community members!</li></ul>
<b>Tuesday</b>	<p>Goal:</p> <ul style="list-style-type: none"><li>● Self Awareness/Self Management - Time Management</li></ul>

	<p>Lesson:</p> <ul style="list-style-type: none"> <li>● Today we are going to talk about Time Management and how to use our time wisely.</li> <li>● What does it mean if someone says “Use your time wisely?” (Discuss as a class)</li> <li>● Reflection: have students think in their head about the way they use their time at school.(or do this as a class brainstorm) Can they think of.... <ul style="list-style-type: none"> <li>○ 1. One thing you do that is a “wise” use of your time</li> <li>○ 2. One thing you do that depends on the day/situation</li> <li>○ 3. One thing you do that is probably not a good use of your time or what one may say is a waste of time</li> </ul> </li> <li>● Allow students to share out and look at common things shared or common challenges /distractions in the “time wasted” category.</li> <li>● After this discussion have students take a piece of paper, divide it in half and write or draw.... <ul style="list-style-type: none"> <li>○ Things to spend MORE time doing at school</li> <li>○ Things to spend LESS time doing at school</li> </ul> </li> </ul>
<b>Wednesday</b>	<p>Goal:</p> <ul style="list-style-type: none"> <li>● Self Awareness/Self Management - Routines</li> </ul> <p>Lesson:</p> <ul style="list-style-type: none"> <li>● Yesterday we talked about time management and how important it is to take a moment to look at if you are making decisions to spend your time on things that are wise or not. One thing that helps us with time management and using our time wisely is when we have routines. Can someone share an example of a routine that they may have? Some routines we have at school include....(example of a routine or two in your classroom).</li> <li>● We also have routines at home to get us ready. One that you may easily think of is your bedtime routine. Raise your hand if you have a bedtime routine? The goal of a routine is to help you feel prepared, settled and at ease going into whatever event or task your routine prepares you for.</li> <li>● Think about your morning routine at home - what are the things you do, in order, to get ready and out the door to school? Are you able to do those things and get to school on time? Do you remember everything? If the answer to any of this is NO, then think about how you can adjust your routine to be on time and prepared. If you are often late, then think about getting up earlier in the morning. Or you could think about doing some of your morning routine the night before. Time management and routines go hand in hand!</li> </ul>
<b>Thursday</b>	<p>A quick check in. If you didn't get to things earlier in the week with Morning meeting or 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"><li>● Mid Week Check- In: Rose/Thorn (<a href="#">Article explaining for staff</a>).</li></ul>
<b>Friday</b>	<p>Goal:</p> <ul style="list-style-type: none"><li>● Introduce Vision of a Graduate</li></ul> <p>Lesson:</p> <ul style="list-style-type: none"><li>● We've had a lot of other things to cover this year with our many changes and schedules, but we want to make time to introduce, revisit and talk about Vision of a Graduate with students. While we may not be having student-led conferences this year, we want to talk through all the parts of the Vision of a Graduate and start cycling through and digging into them in morning meetings.</li><li>● Today, use these <a href="#">slides</a>, specifically slides 1-3, to introduce Vision of a Graduate to students. We will focus on one skill or component of the vision of the graduate each day for the next two weeks of morning meeting. Today is just introducing it as a whole.</li><li>● After going through slides 1-3, invite students either individually or as a class to brainstorm what skills they think are important for graduates of Wauwatosa to have so they are ready for the real world. Save this list as we'll have you do this again at the end of two weeks and students having learned about each component.</li></ul>