

Week of Feb. 22nd

| | |
|----------------|--|
| Monday | <p>Goals:</p> <ul style="list-style-type: none">• Resilience <p>Last week when we worked through the components of Vision of a Graduate, one thing you may have noticed is that the skills and tools we want students to walk away from school with can be really complex and take life long work at. With that said, an important skill to learning and life that we didn't talk about in the Vision of a Graduate, but is super important is RESILIENCY.</p> <p><u>Lesson CH & LE</u></p> <ul style="list-style-type: none">• Have you heard the word Resilient before? What does that word mean to you? Resilience is the ability to recover from hard things. In this video, Hunter the Fox is scared of what he thinks are fire sparks, let's watch and see how he shows resilience to overcome this fear.• Keeping Calm - Building Resilience https://youtu.be/losfxbMKwPo• <u>Discussion/Reflection Questions:</u><ul style="list-style-type: none">○ How does Hunter the Fox show resilience to overcome this fear?○ The fireflies end up lighting Hunter's path home and allow him to return safely for dinner. How can our fears become tools that help us?○ What tips does Eve the Owl give to calm down when scared?○ Breathing deep breaths can help us achieve resilience. What types of situations might this breathing practice help you through in your life? What other tools or strategies do you use to be resilient? <p><u>Lesson UE & AP:</u></p> <ul style="list-style-type: none">• Have you heard the word Resilient before? What does that word mean to you? Resilience is the ability to recover from hard things.• A Lesson On Resilience: https://www.youtube.com/watch?v=sKpBJsZ7EE&feature=youtu.be• Discussion/ Reflection Questions:<ul style="list-style-type: none">○ Resilience is being able to recover quickly from difficulties. Part of that is being able to bounce back from failure. What can you learn from the dolls in the video?○ Think of someone in your life who is resilient. In what ways do they show they are resilient?○ Do you think resilience looks the same for all people or in all situations? Or is it different?○ What steps can you take to become more resilient? Can you think of a time you were resilient? |
| Tuesday | <p>Goals:</p> <ul style="list-style-type: none">• Strengths |

| | |
|-------------------------|--|
| | <p>Lessons:</p> <ul style="list-style-type: none"> ● Last week we talked about collaboration and the importance of everyone using their strengths to contribute to the group. ● From Service Dog to SURFice Dog (approx. 5 minutes) ● <u>Discussion/Reflection Questions:</u> <ul style="list-style-type: none"> ○ What does this story say about different people's strengths and why we should pay attention to them? ○ What are your strengths? ○ Are you giving them the attention that they deserve? ○ How can you use your strengths to better yourself? Your family? Your community? |
| <p>Wednesday</p> | <p>Goals</p> <ul style="list-style-type: none"> ● Zones Check-In- What are you feeling today? What Zone are you in? Why? ● If you didn't get to things earlier in the week with Morning meeting, you can do it today. ● Or, this is a great time to do class council and discuss topics generated by students in your room or class based things you want to talk about. |
| <p>Thursday</p> | <p>Goals</p> <ul style="list-style-type: none"> ● Reviewing Safety Procedures (Mask Wearing, Social Distancing, Hand Washing) ● AP - Safety Procedures & Review 5 Day Procedures/Changes <p>CH - UE:</p> <p>Safety Procedures:</p> <ul style="list-style-type: none"> ● All year we've been following safety procedures to make sure we can stay in school! Trimester 3 is coming up in just over a week (March 8th) and we will have more friends joining our class in person. With more friends coming back to in person learning, , it's a good time to review our safety procedures. We all need to do our part in following them to keep each other safe! ● MASKS: <ul style="list-style-type: none"> ○ The CDC indicates that proper mask wearing is when the mask covers your nose and mouth, is secure under your chin and fits snugly against the sides of your face. ○ Masks need to be worn at all times when at school, except for at lunch and/or when you've been given permission to have a mask break. ○ CH & LE Mask Video: https://youtu.be/AAunPZit2XU ○ UE Mask Video: https://www.youtube.com/watch?v=A0UclAmrhVI&feature=youtu.be (stop at 2min mark) ● DISTANCING: <ul style="list-style-type: none"> ○ Video: https://www.youtube.com/watch?v=IZNOGQgoD4E ○ We know with more students in school and seeing our friends, it can be super hard to stay distant from them, but it's really important that we are mindful of this. Especially when we are lining up to go to specials, recess, wash hands, etc. Use the floor markings in our hallways to help you with keeping distance, don't be afraid to |

gently remind a peer if they are too close, and be patient with one another!

- **HAND WASHING:**

- Video : <https://wondergrovelearn.net/wglessons>
 - Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.
 1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 2. Lather the backs of your hands, between your fingers, and under your nails with the soap.
 3. Scrub your hands for at least 20 seconds.
 4. Rinse your hands well.
 5. Dry your hands using a clean towel.
-

AP: As you know, next Tuesday all middle and high school students in phase into learning will return to school 5 days a week. After spending ½ of this current school year in a hybrid model and the last third of last year virtual, we know this is both exciting for many students, but there are also some concerns and anxieties around having all students back in the same spaces. Our goals for today and tomorrow is:

- Review safety procedures (mask wearing, hand washing, distancing).
- Discuss changes to current procedures and schedules so you know what to expect next week.
- Discuss concerns students may have to so we can find solutions for all to feel safe at school.

Safety Procedures:

- As the oldest students in the building, you are the leaders and models of following rules and procedures. This is important every year, but extremely important right now when it comes to COVID and safety procedures. We will have more students in the building and this means we need to be even more aware, cautious and vigilant with doing our part with the following.
- **MASKS:**
 - The CDC indicates that proper mask wearing is when the mask covers your nose and mouth, is secure under your chin and fits snugly against the sides of your face.
 - Masks need to be worn at all times when at school, except for at lunch and/or when you've been given permission to have a mask break.
- **DISTANCING:**
 - We know with more students in school and seeing our friends, it can be super hard to stay distant from them, but it's really important that we are mindful of this. Especially when we are lining up to go to transition, recess, wash hands, etc. Use the floor markings in our hallways to help you with keeping distance, don't be afraid to gently remind a peer if they are too close, and be patient with one another!
 - The CDC recommends 6 feet of distance. We know that in some spaces, that will be hard, so in those cases, distance yourself to the greatest extent possible.

| | |
|---------------|---|
| | <ul style="list-style-type: none"> ○ During lunch, 6 + feet is a non-negotiable as we will have masks off while eating. Follow the markings within the gym, be sure to put your mask on when you are done eating and anytime you need to get up to get something. ● HAND WASHING: <ul style="list-style-type: none"> ○ As you'll see in the return to 5 days plan, we will have designated hand washing times to make sure we are staying as safe as possible. ○ Video : https://wondergrovelearn.net/wglessons ○ Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. <ol style="list-style-type: none"> 1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. 2. Lather the backs of your hands, between your fingers, and under your nails with the soap. 3. Scrub your hands for at least 20 seconds. 4. Rinse your hands well. 5. Dry your hands using a clean towel. <p>5 Day Procedures</p> <ul style="list-style-type: none"> ● Review w/ Students https://docs.google.com/document/d/1DYX-20Zbq7RnAR2R0m7TK4-5fTNUEJBDqIEEnLwd8Mc/edit ● Friday - Discuss concerns students may have to so we can find solutions for all to feel safe at school. |
| Friday | <p>Goals</p> <ul style="list-style-type: none"> ● Reviewing Safety Procedures & Visualizing ● AP - Reflection / Questions on 5 Days Transitions <p>CH-UE:</p> <ul style="list-style-type: none"> ● Yesterday we spent time reviewing our safety procedures. Today, we are going to practice a strategy you may be familiar with or have learned about in reading. It's called visualization. When we visualize, we make a picture in our mind about what we read or what was told to us. Because we are all different and interpret information and what we read differently, that can mean that we have lots of different pictures we paint in mind. Since safety and our procedures for keeping everyone healthy and safe are so important, we want to take time today to make sure we all have the same understanding of our rules. If you're comfortable, I'd like you to close your eyes and visualize, or paint a picture in your mind about what the safety procedures are that we reviewed yesterday. (Give students 30seconds to a minute). ● Okay friends, now that you've had a little time to make that pictures in your mind, who would like to share what picture they painted about what we learned yesterday. (Continue procedure going through what students share and making sure everyone has a common understanding. ● Brief, fun video reminding students that we are all in this together: https://www.youtube.com/watch?v=DYkIKU_PcBc <p>AP:</p> <ul style="list-style-type: none"> ● After going through our return to 5 days plan yesterday, what concerns and/or questions do you have? What do you |

want to go over again?

- We need to have a conversation about recess. We are outside at the same time as Children's House and Lower Elementary and need to be mindful of that, as well as their interest in the play structure and gaga ball. What area of the playground do you prefer as a group? Thoughts on recess?