

Week of Jan. 11th

Monday	<p>Goals</p> <ul style="list-style-type: none">● Zones Check-In- What are you feeling today? What Zone are you in? Why?● Self Management & Awareness: Change● All Grades:<ul style="list-style-type: none">○ Zones Check-in. I think it's important that we as staff have a way to know where students are at as they re-enter the buildings each week and for students to practice that self evaluation/awareness of where they are at. You can do this however you'd like - whether it's having them share, having them write it on a post it note, putting it in a journal spot, etc.○ Prompt: Change is something that will happen throughout your life. We see the leaves on trees change each season, people will change as they grow older and get taller, we change teachers as change grades, etc. We've had a lot of change this past year with virtual learning and different rules and procedures due to COVID. Change can sometimes be exciting, scary, or hard...we all react and have different feelings about change.● Discussion<ul style="list-style-type: none">○ Reflection Prompts: Think about a time when there was change in your life and you were excited? Nervous? Now how did you feel when you were excited about the change? How did you feel when you were nervous or upset about the change?○ Discussion: If you can think back to November, you'll remember we had this big event in our country called a presidential election. A presidential election happens one time every four years. So it's not a regular thing. Last week Wednesday, Congress certified the electoral college votes and declared that our next President elect will be Joe Biden. That means that on January 20th, the Presidential Inauguration will occur where Joe Biden will officially be sworn in as the 46th President of the United States. Just like in our reflection prompts today when you thought about a time when there was change and you were excited, nervous, etc - This is a time of change in our country can bring on a lot of different feelings for people for many reasons.
Tuesday	<p>Goals:</p> <ul style="list-style-type: none">● Traditions

	<p>Prompt/Activity: Yesterday we talked about change and the different feelings/emotions that can come with change. The opposite of change is traditions. What is a tradition? (See what students/class can come up with).</p> <p>Definition: The definition of a tradition is a custom or belief that is passed down through the generations or that is done time after time or year after year.</p> <p>Can you think of some traditions you have in your family? At school?</p> <p>As we discussed, next Wednesday is a big event, the Presidential Inauguration. Most of the events of Inauguration Day are based on tradition. The only parts of the inauguration that are written into the United States Constitution are the date and the words of the oath that the president must say to become president.</p> <p>Here are some of the traditions of the day: https://www.nationalgeographic.org/media/inauguration-day/</p> <ul style="list-style-type: none"> ● The vice-president-elect is sworn in first ● Almost all presidents have taken the oath of office with their hand on a Bible. Some presidents use a family Bible, such as President Bill Clinton, who used the Bible given to him by his grandmother. Other presidents choose historic Bibles. ● Inaugural ceremonies usually take place where Congress meets. (The Capitol) ● Every president has delivered an inaugural address—a speech outlining his vision for the country. President Washington’s second address is the shortest (135 words). President William Harrison’s address is the longest (8,445 words). ● After the oath of office has been taken, the JCCIC plays host to the new president and vice-president at a luncheon at the Capitol. ● The most festive part of Inauguration Day is probably the inaugural parade, in which the president, vice-president, and their families walk or ride down Pennsylvania Avenue, from the Capitol to the White House. At the White House, the president views the parade from the Presidential Reviewing Stand.
Wednesday	<p>Wednesday Morning Meets will always be just 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"> ● Mid Week Check- In: Rose/Thorn (Article explaining for staff).

Thursday

Goals:

- Conflict Resolution - Social and Self Awareness ([Article I will share with parents](#))

Discussion /Prompt:

- Has anyone here ever had a conflict with someone else? Sometimes we have a conflict with our sibling, friend or peer. (For CH/LE can define what the word conflict means). A conflict is when you have a disagreement or argument with someone else. It can be verbal or physical.
- There are lots of reasons why conflicts occur. Sometimes it's because we haven't communicated with the other person. Sometimes it's because we are competitive and want to win a game. Sometimes it's because we have a different perspective about what happened or was said. Sometimes it's because we are tired.
- Conflict also is usually looked at as something negative. While that's often times the case, conflict, when handled with an open mind, communication, and listening, can also be a positive way of growing our own or someone else's thinking or expanding their perspective.

Activity:

- We've been working all year during morning meeting on skills that will help us work through conflict when it arises. Things we've worked on and learned are how to identify our feelings and what zone we are in.
- Close your eyes and think to yourself about a time you had a conflict with someone. Maybe it's a sibling at home. Maybe it's with someone on the playground at recess. Maybe it was with a friend in the classroom. Now think about that conflict and how you felt. What zone were you in? What feelings did you have? It's important when we have a conflict to use our words to tell the other person how we are feeling so they understand. (Example to give kids: Recess can be tricky, especially this year because we can only play in one area each day. If someone is not including you in a game you want to play, that would leave you feeling pretty sad. Using your words would look like : "I feel sad when I'm not included in the gaga ball game at recess. Can I please join your group next time?") Ask kids if they'd be willing to share any "I feel " statements (without using names of peers).
- Another strategy we can use when we have a conflict or when we start to feel really big feelings of being angry or frustrated or sad about something is we pause and think about 2 or 3 solutions to our conflict.
- As a class, let's practice this:
 - **Scenario 1:** You and a friend have worked really hard all recess to build a snow sculpture. Right as recess is ending, a classmate runs by and kicks down the snow sculpture you made. What are some solutions to this conflict?
 - **Scenario 2:** You're playing gaga ball and the group says you're out. You don't think you're out. Now

	someone starts to call you a cheater. What are some solutions to this conflict?
Friday	<p>Goals</p> <ul style="list-style-type: none"> ● End of the Week Student Check-in: Zones Check-In- What are you feeling today? What Zone are you in? Why? ● Mindfulness - get centered for the day after our first full week <p>Review:</p> <ul style="list-style-type: none"> ● Mindfulness is paying attention to what is happening in the present moment. It may be what you're feeling, hearing, or anything else you notice. ● Our goal is to find strategies - which will be different for all of us - that help us stay calm and in the moment when we are feeling stressed, anxious, angry, upset, or any other feeling. We are going to start our Friday by practicing and finding our calm, centered feelings. <p>Two Options (we've used both in Oct. Morning Meetings) (CH/LE Video) Watch this Video. One way we can be mindful is through our breathing! 1. How do you feel after taking time to breathe? 2. When could you use breathing to help you tame your beast? There are many other ways you can be mindful, but controlling your breathing is one way to be present and calm your amygdala!</p> <p>UE & AP Video (could be watched by CH/LE too): Watch this Video. This exercise teaches how to gain control of your stressful energy when it becomes too hard to handle. Ask students to take a moment after and think about situations, times of day, or current things that are bringing stress upon them and ways they can try to be mindful and combat that.</p>