

Week of Jan. 18th

Tuesday

Goals:

- [Zones Check-In](#)- What are you feeling today? What Zone are you in? Why?
- Relationship Skills - getting to know our classmates

Part 1

- **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.

Part 2

- **Relationship Skills** - 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.
- 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.
- Boundaries
 - The student answering questions can "pass" on answering any question that they don't want to answer or are not comfortable answering.
 - Questions need to be appropriate.
 - Goal is to get to know our classmates better!
- Questions
 - 1. What is one trait you look for in a friend? (kind, helpful, funny, etc)
 - 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).
 - 3, 4 & 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).
- Wrap Up - the more we know about our peers, the more socially aware we can be as their work partners, friends, and community members!

<p>Wednesday</p>	<p>Goals</p> <ul style="list-style-type: none"> • Self Awareness <p>Discussion</p> <ul style="list-style-type: none"> • Today is a special day in the United States. It is Inauguration day - the day a new President elect is sworn into office. We discussed what a Presidential Inauguration is last week and some of the traditions that go with it. We also discussed that change can be both an exciting thing and sometimes something that makes us nervous or anxious. • Today, we are going to listen to a book that talks about how superheroes are all around us, including inside of each one of us, and how we each can be a superhero to make our world a better place by being kind, being a friend to others, and for looking around us to see the superheroes that are all around us, every day. This book was written and is read by Kamala Harris, our Vice President elect that will be inaugurated today. • Read Aloud "Superheroes are Everywhere" by Kamala Harris (Vice President - Elect) • After listening to the book, ask for students to share examples of where they see superheroes in their lives and how they are superhero!
<p>Thursday</p>	<p>Goals</p> <ul style="list-style-type: none"> • Self Awareness <p>Activity</p> <ul style="list-style-type: none"> • Last week we talked about traditions that take place at the Presidential Inauguration. One tradition that we didn't talk about is there is a poet selected to read either a poem that they write or a poem that the incoming President requests, at the inauguration. At yesterday's inauguration, Amanda Gorman, the youngest person to be asked to read at the inauguration and she read/ presented the poem she wrote called "The Hill We Climb." This poem that Ms. Gorman wrote is what we call "Occasional Poetry" because it's written for a particular occasion. In this case, "The Hill We Climb" was written for the occasion of the Presidential Election. • If you'd like to show the video clip of the poem, you may do so (approx. 6 mins). • <u>Follow Up/Extension</u>: Think of an important occasion that you would like to write a poem or letter about. Something that you could pick up and read years later and you'd be able to sense what the emotions were around that occasion and you would feel as though you were there. Or, you could write A Letter to Yourself-In this activity each student will write a letter to his or her future self, detailing whatever they wish. This can be details of their life now, a poem, or their future goals, etc. When the students receive the letter back again, they will be able to compare and reflect on the differences within themselves after a year's worth of change • https://www.futureme.org/
<p>Friday</p>	<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 - Self Management

Lesson/Activity:

- It is hard to manage emotions when our minds are cluttered with worries. When I start to feel anxious I ask myself, “**Am I mindful or is my mind full?**” I remind myself to be mindful of how my emotions are reflected in my behavior and my focusing on present moment certainties I can remove the worries and distractions that are making my mind feel full. Mindfulness helps us to take the time to declutter worries, **let go of what cannot be controlled, and focus on what can be controlled.** Managing stress becomes easier when we accept we cannot always control the situation but we can manage how we react. By removing our worries when we are mindful, we can focus instead of positives. Reconnecting with positivity is a tool kids (and adults) can use when managing anger, anxiety or fear. An activity we will try today to center ourselves and start the day with positivity is to visualize our happy places.
- Activity - you’ll notice that the sheet has two sides. On one side, you can visualize your **school** happy place and on the other side, you can visualize your **at home or outside of school** happy place.



Here is the [handout linked](#) for you to share or show concurrent learners.