

April SEL Calendar

Use these prompts/games/videos/quotes to connect with your students and check in on their well being at the beginning of each online lesson. Use as a classroom poll, whole group discussion, answer in chat etc...

Monday: Emotions	Tuesday: Self-Management/ Mindfulness	Wednesday: Empathy/Kindness/ Respect	Thursday: Communication/ Teamwork	Friday: Identifying/solving Problems
13 What zone are you in today? Red-Angry, Yellow-Worried, Green-Happy, Blue-Sad	14 Mindful Moment with Mrs. Vance: Mindful Breaths https://docs.google.com/document/d/1o4wolGfEocl8fxMpKpZXB-nlP6clM_GXBzE5hf91A9k/edit?usp=sharing	15 Name one kind thing you have done in the last week?	16 Mindful Moments with Mrs. Vance: Mind Bubbles https://docs.google.com/document/d/1o4wolGfEocl8fxMpKpZXB-nlP6clM_GXBzE5hf91A9k/edit?usp=sharing	17 What is a challenge you faced recently and how did you control your emotions?
20 https://wheeldecide.com/wheels/games/emotion/ (Play Wheel Decide with students, have them show facial expressions of emotion that it lands on)	21 Mindful Moments with Mrs. Vance: Loving Kindness https://docs.google.com/document/d/1o4wolGfEocl8fxMpKpZXB-nlP6clM_GXBzE5hf91A9k/edit?usp=sharing	22 Mindful Moments with Mrs. Vance: Hand Squeeze https://docs.google.com/document/d/1o4wolGfEocl8fxMpKpZXB-nlP6clM_GXBzE5hf91A9k/edit?usp=sharing	23 Who do you talk to when you have a problem? How do they help?	24 Quote of the Day with Mrs. Vodak https://www.loom.com/share/020629402297422f8cd8c100a44caf33
27 What are your strengths? or What have you been doing well since online school has started?	28 https://7mindsets.com/coronavirus-resources-for-educators/ Watch the managing worry and anxiety video with kids and discuss. (scroll to bottom of page)	29 Quote of the Day with Mrs. Vodak https://www.loom.com/share/9f3148f8827c4ebebef10f62d1f71c7b	30 What have you done to help your family this week?	1 https://speechisbeautiful.com/2017/03/10-wordless-videos-teach-problem-solving/ Watch one of the videos on this site and discuss how the characters problem solved.

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4. What zone are you in today? Red-Angry, Yellow-Worried, Green-Happy, Blue-Sad	5. Kids Explain Mindfulness https://www.youtube.com/watch?v=awo8jUxlm0c	6. What would you do or say to a friend that said they are really worried about distant learning or Covid 19?	7. Quote of the day with Mrs. Vodak https://www.loom.com/share/cc33c6f5dcc9449ea5941e119a3d0cc6	8. Come up with a Mistake Ritual as a class (something you can do as a class when someone makes a mistake, hopefully kids caring it on at home and next year)
11. Favorite Emoji faces. Students make their favorite emoji face(with their own face), others have to guess which emoji they are creating.	12. 4-Minute Yoga Video for Neck and Shoulders at your Desk	13. Quote of the day with Mrs. Vodak https://www.loom.com/share/bc0471ed3516432f90384e8311211480	14. Make a Storyline. Go around the screen and everyone adds a new sentence to create a story as a team.	15. Watch one of the videos on this site and discuss how the characters problem solved. https://speechisbeautiful.com/2017/03/10-wordless-videos-teach-problem-solving/
18. Share one rose and one thorn with the group.	19. How do you calm yourself down? When do you use this strategy?	20. Sketch Your Neighbor. Draw the person next to you on the screen. Everyone shares drawing and class tries to guess student.	21. What have you done to help your family this week?	22. Play Two Truths and A Lie
25. Send out one/all of these prompts. Kids write them in chat and everyone sends at the same time. If only ... It makes me ... I have to ... When all is said and done..	26. Two Word Check-In 1. Pause/connect to your breath 2. As you breathe, notice and choose 2 words to describe how you feel right now. 3. Reconnect to your breath, and open your eyes if they were closed. 4. Have everyone share their 2 words	27. What's new and good today?	28. Play a #1 song from the year your students were born. 5th-08/09, 4th-09/10, 3rd 10/11, 2nd - 11/12, 1st -12/13, Kinder -13/14	29. Quote of the day with Mrs. Vodak https://www.loom.com/share/92d937d318cf4a229aee1cc84d8aad91