

Featured Skills:**Social Emotional Competency: Self-Awareness & Social Awareness****8 Ways to Well-Being: Exercise****New Basic: Collaboration****Character Strength: Love of Learning + Teamwork + Sense of Meaning** [Morning Relaxing Music](#) [Daily Physical Activity](#)**Day 1: Collaboration**

Staff Prep: Audio Welcome for Staff ears only. It includes tips about the workshops. *Collaboration* YouTube for staff to watch ahead. Hang up the **TLC poster** (provided) and quote: **Life begins at the end of your comfort zone.** You need to show a YouTube to the whole class. Have a screen ready. Kids need their *Wellness Journals* (you too) and students need to be assigned to a *Collaborate Learning Team* (CLT). Remind them to bring in their own water bottle, with their name on it. Be sure to collaborate with a peer about the *Collaboration* video.

Student Activities: Teachers, be sure you have the *Movement Skills Checklist*, for each student. Start thinking about identifying DPA Leaders. Students will be made better aware of the value of collaboration through a short video followed by a paper *Holding Collaborative Activity* on their new teams. You will need a pack or recycled paper for this activity. There is also an extended activity that is a lot of fun for a Science class called the *Egg Drop Challenge*.

Day 2: Collaborative Poetry Writing

Staff Prep: Staff reads two articles about *Creative Collaboration* and *Collaborative Poems and Group Writing*. Have a copy of the *Blue Is* poem, if you are going to choose it as an activity. Read through it and know how to implement it. Make copies of and get names on the *Group Work Rubric*, so you are ready to go.

Student Activities: Teachers have several activity suggestions to pick to use in this class. *Group Storytelling*, *Fortunately, Unfortunately*, *a Story Bag Prop* and *Story Starters* from the *Literacy Shed* are just a few. There is time for a few assessments to get started.

Day 3: Gratitude My Attitude!

Staff Prep: Make sure you put the relaxing music on, and all kids have ***My Wellness Journal*** ready, with a pencil and eraser. They will do an entry in their Journals Also, be sure that the TLC poster is up. Decide if you are using a word wall for all new terms and words or if it going to be chart paper.

Activities: After their DPA exercise, each Junior Grade has a different YouTube to watch and discuss. They will also sing along to the Chorus of a beautiful song titled: *Grateful: A Love Song to the World*. In their closing activity, students will copy the People, Places and Things gratitude chart in their *Wellness Journals*.

Home Learning: Gratitude Activity

Day 4: Social Emotional Learning

Staff Prep: Today, you dive deeper into emotions. Read through the instruction clearly because you need copies of SEL Skill charts to show your kids and to add to binders. You also need a copy of the SEL Circle pages to be shown to the kids and the Problem- Solving Wheel and task cards. Since you are looking online, make sure you have a screen ready to accommodate that activity.

Activities: Social emotional learning is introduced with a short YouTube. Once the students understand what SEL stands for and what some expectations are when getting assessed for these, truly, important life skills, their first activity will be about decoding facial expression. Identifying emotions is to the first step to fixing them. Noticing body language matters. Deciding what solution matches what problem is another life skill that is practiced through task skills.

Day 5: Positive Affirmations

Staff Prep: There is, very, little to prep for today. Just make sure that you have your affirmation pages to both view on a screen and copied for the Wellness Booth Binder and for the student's binder too. They will refer to them often. The other chart sentence formula you need to print and have ready to display is **I pick ___ as the person I am most grateful today because s/he ___** (write something you admire about him/her). **I will show him/her my gratitude by ___**.

Activities: After playing around with turning language from negative to positive, student experiment using their chart they did yesterday to begin to write their own affirmation statements. Make sure you teach them to follow the repetitive ritual they go through, including the Superhero Pose to complete the entire process of positive affirmations.

It's the repetition of affirmations that leads us to belief, and once that belief becomes a deep conviction, things begin to happen!" Claude M. Bristol