

**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:** CLT 100% *Awesome People* student activity YouTube with Student Activity Sheet on screen. Patricia Gough, founder & Director of WFA Workshops also records an audio message for the students. Students digitally access the *Home Learning Activity (HLA) on Collaboration*. They respond to questions in their Journals.

**Home Learning:** Collaboration Activity

**Day 2: Gratitude Can Change Your Life**

**Staff Prep:** This lesson is a teacher led. To prepare read the article included titled *Crucial Reasons Why Gratitude Can Change Your Life*. Summarize & share these with your class. Topics include: *7 Benefits of Gratitude*. Print these on chart paper. Explain the process of journaling cued by music that begins most lessons. Watch the *Experiment in Gratitude* YouTube together. Show the kids the *TLC Poster* about healthy lifestyle choices. Explain that tomorrow they will begin Day 3 with journaling and exercise. Make it positive. Easy gratitude experiment required for home learning.

**Day 3: Making Things Happen**

**Staff Prep:** Open with music on and journaling followed by exercise. Have a few extra iPads for kids who did not do their home learning. Each CLT needs one half of a piece of chart paper and 1 marker. One Chair & Secretary/Scribe is decided per team.

**Activities:** CLTs collectively decide which points matter, as they watch a young university student on YouTube, about working together. Charts are hung up and the teacher

condenses all concepts provided into 6-8 points that become the assessment tool when observing how students work on CLTs. Hang the final *CLT Expectations Chart* up for ongoing referral.

#### **Day 4: Social Emotional Learning**

**Staff Prep:** This social emotional learning topic will be referred to many times during WFA Workshops. Mastering these skills are at the core of getting and staying well. It is important that some charts get copied to always be accessible. The two charts here titled: *The Social, Emotional, Learning Circle + Learning Standards* are two charts to be copied. Students put them in their binders and one copy goes into your *Wellness Booth Binder*.

**Activities:** There are four teacher led activities during today's lengthier lesson. The student home learning activity is lengthier too. Be sure to take a quick look in their journals in the morning to be sure everyone completed these activities.

**Home Learning:** Social Emotional Activity

#### **Day 5: Positive Affirmations**

**Staff Prep:** There are no new videos or articles for teacher watching. However, look over the direction of this lesson, as affirmations are sometimes considered to be a weak link. Teach your students to use them wisely, and they will become their go to response when they feel stressed or in doubt. Soon you will begin to see that 'internal dialogues' can be the greatest asset to our wellness approaches or the greatest blockages. How we speak to ourselves and each other is an important skill to understand and use wisely.

**Activities:** In their CLTs, students will refer to two pages of affirmations that need to be printed for safe keeping and for referencing for life! Writing their own affirmations is the activity. Each journal entry should now include a gratitude + an affirmation. There is one YouTube about affirmations and an article that require a follow up in the students' journal, as home learning. Look for their response in their journals.

**Home Learning:** Affirmations Activity

*"Change of habits are too light to be felt until they are too heavy to be broken!"*

*Warren Buffet*