

**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****Catholic Hope Expectations: Living in Communion****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. Teachers make sure they have the expectations of motor skills to use to assess their students.

**Student Activities:** Students will watch a YouTube together, learning about the value of collaboration through song and examples. Students will also have fun doing an active Marshmallow Collaborative Challenge activity on their own CLTs.

**Day 2: Collaborative Storytelling Activities**

**Staff Prep:** Staff watches a YouTube to define the *7 Keys to Creative Collaboration*. Teachers will also need to copy and add names to the *Primary Group Work Rubric*. You will also need to identify which collaborative story telling activities you are going to use. The *Literacy Shed* has many ideas for you.

**Student Activities:** On their CLTs, the children have fun trying out collaborative story telling activities.

**Catholic Extension: *The Story of St Francis of Assisi*** for Religion class or Literacy

**Day 3: Gratitude My Attitude!**

**Staff Prep:** Today's class open with music playing cueing kids to get their *Wellness Journals*. Show them the TLC poster and have the **exercise** word ready to hang or add to a

chart for wellness words. Cue the exercise music for DPA too. Have the *Movement Rubric* ready for assessing kids' movement too.

**Activities:** Have the students print the **exercise** word in their Journals and do a small picture of their body in movement. You may need a student model to show how our bodies look when running, walking, jumping, climbing etc. In that picture they include the one person they are grateful for today and tell why they are grateful for them.

**Catholic Extension:** Here is a list of [highly regarded Gratitude books](#) showing children many ways to 'give thanks'.

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

**Staff Prep:** Have all the SEL Checklist and charts needed to show the kids why it is important to identify their emotions. There are 3 different problem solving YouTubes. Once they see theirs, they look at the *Problem-Solving Wheel*. It is shown on a screen and, also copied to hang in a prominent place to refer to in the classroom. You also need to copy the bolded words on chart paper that are the **4 Steps to Solving Problems**.

**Activities:** There are three different YouTubes for the Grades 1,2 and 3s. Through the *Problem-Solving Wheel* and the task cards, students will have opportunities to practice this new skill. Especially when you outline on chart paper, the *4 Steps to Problem-Solving*.

**Catholic Extension:** The children will read a poem titled **Problem Solved**. Through role play and dramatization, the class will demonstrate ways they can rely on Jesus to help solve their problems.

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

**Staff Prep:** Today 's workshop allows for double daily fitness. Well worth the effort! Many variations of affirmations are available and use the **Affirmations List** you already have created.

**Activities:** After a double fitness exercise, the kids will be ready to deal with a quitter activity like choosing Affirmations and striking their Superhero Pose. The *Mr. Jensen* YouTube should inspire a dialogue about people who make your students feel better. By what they do or what they say or how they show up, with their energy. Collaboratively, they create their own classroom mantra. Write it down and post it for future use! Repeat it often!

**Catholic Extension:** The kids will learn a new prayer. This prayer will be kept in a Wellness Booth Binder so children can recite it if they are having trouble with a friend or family member. There is a link to free prayer cards too.