

James Simons Montessori "SEL" ebration Week

February 5-9, 2024 (SEL = Social-Emotional Learning)



Mindful Monday 2/5

Being mindful means to be aware of your own and other people's thoughts and feelings.

Classroom Activity:

- Start the day with a short calm breathing video so you are ready to have a mindful day and be ready to learn.
- After lunch/recess, try a different calming video so that you can be calm and mindful of the positive choices you make.

Home Activity:

- Check-in with each other about how the day went.
- Spend time with family by playing a game or reading a book together.
- Talk about plans for the week.

Just Breathe

Take A Chance Tuesday 2/6

Taking a chance can be scary or make us nervous. But trying something new can help us become confident and appreciate new things.

Classroom Activity:

- Eat lunch or play at recess with someone you don't know so well in your class. You might make a new friend!
- Raise your hand to answer a question or volunteer to help your teacher in class.

Home Activity:

- Try a new food at dinnertime, you might like it!
- Ask an adult to teach you something at home (like tying your shoes, folding laundry, or help preparing dinner).

WOW! Dream Big Wednesday 2/7

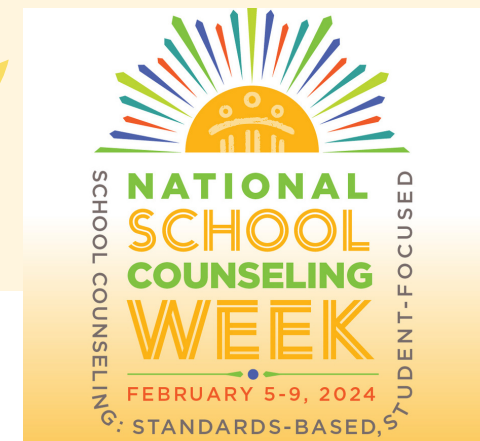
We all have dreams about what we want to achieve. What are your BIG dreams for the future? Maybe it's college or maybe it's a special career. Dream Big!

Classroom Activity:

- Share or write about your future career goal, or an intention or goal that you have for 2024.

Home Activity:

- Talk to your family about your future goals and dreams. Make a plan and write down how you can reach your goals. Post your goals somewhere as a reminder.



Thoughtful Thursday 2/8

Thoughtful people are those who show kindness and gratitude. Let's be thoughtful today by thinking about and recognizing someone who is special to you.

Classroom Activity:

- Think about someone special in your life. Write a note by telling them why they are special. Or draw a picture for someone special.
- Or write a letter of appreciation to someone you would like to thank.

Home Activity:

- Choose someone you can show gratitude. Write a card or letter to someone you want to thank. Or call or text someone to thank them.



Find Your Rhythm Friday 2/9

Did you know research shows that listening to music can improve mental alertness, mood, and memory. It also can reduce anxiety.

Classroom Activity:

- Listen to calming music, as it activates both the right and left hemispheres of the brain at the same time, which can maximize learning and improve memory.

Home Activity:

- Make a playlist of everyone's favorite songs
- Find your 'power' song, which is a song you find yourself listening to over and over, with a message that speaks to you.

