TeleSchool SEL

TeleSchool will both look and feel different for our students. Students may experience confusion and stress during this time due to a change in routine, angst about the Corona Virus, etc. In order to support our students, we developed Social and Emotional Learning lessons. These lessons were designed to be directly accessed for students K-12. Students are expected to complete one lesson per week during TeleSchool. Additional content is also available in the Connect With Kids resource located on Launchpad and the Infinite Campus Parent Portal.

**Elementary School**

**Lessons:**

1. **Reflection in Me Video**
   a. Look in the mirror and list three things you love about yourself.
   b. Write down 3 specific compliments to give to yourself. Once complete, go to a mirror and read each compliment to yourself. (Remember to consider qualities you can’t see too).
2. **Color Your World with Kindness**
   a. Name something someone did for you that was kind. How did it make you feel?
   b. What is something kind you can do for someone at school? What is something kind you can do for someone at home?
3. **Personal Space Camp**
   a. What does “personal space” mean?
   b. What should you do if another student comes into your personal space?
4. **Inside Out: Guessing the Feelings**
   a. Watch the video and see if you can guess each of Riley’s feelings.
   b. After the video, draw a picture of the feelings that live inside your head and what you think each of them might look like.
5. **Bullying and Cyberbullying: What’s the difference?**
   a. What is the difference between being mean, and bullying?
   b. How is cyberbullying different than bullying?
   c. What will you do if you see cyberbullying?
6. **Private and Personal Information**
   a. Name two things you should not put on social media.
   b. What are some good things about using social media?

**Just for Fun:**

1. **Yoga Fun**
2. **Mindfulness**
3. **I am Human & I am Peace**
Middle School

Lessons:

1. **Coping with Teenage Stress**
   a. Name two things you can do to manage your stress.
   b. Decide how you will work at least one of these things into your schedule today.
   c. Think about how stress can be both a good and bad thing.

2. **Self Soothe Box**
   a. Make your own self soothe box by decorating a shoe box or other empty box.
      Place at least 5 self-soothing items in the box that include all 5 senses.
   b. Share your box with a member of your household.
   c. In 10 sentences or less, write how using your self-soothe box helped soothe you when you were upset.

3. **The Science of Kindness**
   a. How can doing an act of kindness help you, and not just the person you're doing the act of kindness for?
   b. Do an act of kindness. Reflect on how it made you feel. Now think of another act of kindness you can do tomorrow.

4. **Dealing with Digital Drama**
   a. Write down three posts that you have made on social media that may have created digital drama.
   b. Re-write those three posts in a way that shows good digital citizenship.

5. **Three Tips to Boost Confidence**
   a. List 3 people in the world that you believe are confident.
   b. What three actions can you take to build your confidence.
   c. Name a failure that you had but were able to overcome and list how you overcame it.

Just for Fun:

1. **How to change the world with kindness**
2. **Be Kind to Others**
3. **Smiling Mind**
High School

Lessons:

1. **The Science of Kindness Video**
   a. How can doing an act of kindness help you, and not just the person you’re doing the act of kindness for?
   b. Do an act of kindness. Reflect on how it made you feel. Now think of another act of kindness you can do tomorrow.

2. **What Does It Mean To Be Yourself Video**
   a. How do you see peers/celebrities portraying a false reality on social media?
   b. What are ways to remind yourself daily that you are enough (ex: writing positive characteristics on the mirror)?

3. **Science Mapping Emotions in the Body Video**
   a. Where do you feel anger, fear, and disgust in your body?
   b. Where do you feel happiness, pride, and surprise in your body?

4. **Fight Flight Freeze – Anxiety Explained For Teens**
   a. What is an amygdala and what does it do?
   b. What can cause you to feel anxiety?

5. **Teen Voices: The Pressure to Stay Connected**
   a. What are the most positive things you get out of having your phone?
   b. What things are you more aware of after watching this video that impact how long you watch things on your phone?
   c. Is there anything you would like to change about your phone usage?

6. **Teen Voices: Who are you on Social Media?**
   a. How do you curate your social media?
   b. Do you think what you post will impact your future?

Just For Fun:

1. **An Experiment In Gratitude**
2. **Smiling Mind**
3. **Resilience**