

T=Teacher, P=Parent

Happy Teacher/Parent SEL Challenge: April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1. T/P: Find a new call and response to use with your child/student. https://betterlesson.com/browse/blended_video/1534/focusing-call-and-response</p>	<p>2. T/P: Give a compliment to a student/your child. Say it somewhere other people might overhear.</p>	<p>3. T/P: Play some relaxing music while your students /child(ren) are working.</p>



6-12 Spring Break!!!

<p>13. T/P: We all need help with this or know someone who needs help with this. Kid President: How to disagree with people. https://www.youtube.com/watch?v=dG5fkAgJmqc</p>	<p>14. T/P: Play a team building game with your class. https://www.momjunction.com/articles/team-building-activities-will-keep-kids-busy-summer_0074763/</p>	<p>15. T/P: Use this website to find a new way to get your day started with your students. https://happyyouhappyfamily.com/happy-day-with-your-kids/</p>	<p>16. T/P: Take time with your students/family to discuss what you are grateful for.</p>	<p>17. T/P: Watch this video from SoulPancake with your students/child(ren)! https://www.youtube.com/watch?v=P_u999RPYkQ</p>
<p>20. T/P: Clean up a small area in your home that has been getting a bit disorganized.</p>	<p>21. T/P: Stop. Breathe and remember you don't have to get everything right all the time.</p>	<p>22. T/P: Clean out a cabinet or drawer in your home that has become overwhelming.</p>	<p>23. T/P: Write a thank you note to a staff member/family member who helps make a smooth day for you and your students/child(ren).</p>	<p>24. T/P: Practice mindfulness as a class/family. http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html</p>
<p>27. T/P: Commit to trying something new this week. This could be finding a new book to read, trying a new at home fitness workout, or finding a new restaurant that delivers.</p>	<p>28. T/P: Take time with your students/family to discuss what you are grateful for.</p>	<p>29. T/P: Take time to focus on some of the unexpected positive aspects of staying in/home.</p>	<p>30. T/P: Call a loved one and let him/her know why they are important to you.</p>	