


P=Parent, T=Teacher

## Happy Teacher/Parent SEL Challenge: March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				1. <b>T:</b> During lunch, relax and chat with colleagues about non-work related topics. <b>P:</b> During lunch, relax and talk with your children about all things favorites, share yours as well.
4. <b>T:</b> Think of a student who is well-behaved and always tries hard, but might not stand out as a top student. Call their parent/guardian with some praise. <b>P:</b> Praise your child for something they did well!	5. <b>T:</b> Put some students aside to tell them how much they have improved and how proud you are of them. <b>P:</b> Tell your child how much you love them and are proud of them.	6. <b>T:</b> Organize an area in your classroom that has become chaotic. <b>P:</b> Organize an area in your home with your child that has become chaotic.	7. <b>T/P:</b> Take a short walk in your neighborhood sometime throughout your day.	8. <b>T:</b> Clean your inbox, go through emails and organize your folders. <b>P:</b> Clean out your emails.
11. <b>P/T:</b> Get outside during the day for a quick walk.	12. <b>T:</b> At the end of the day play an online game with your students! <b>P:</b> At the end of the day play a board game/card game, etc. with your child.	13. <b>T/P:</b> Spend some time looking at positive pictures that put a smile on your face.	14. <b>T/P:</b> Find a new participation or discussion protocol to teach your class. <a href="http://www.mindfulteachers.org/p/mindfulness-resources.html">discussion protocols</a>	15. <b>T/P:</b> Compliment another teacher or parent on something that they have done well for their student(s) or school. Appreciation goes a long way.
18. <b>T:</b> Take time to reflect on what you love about your job! <b>P:</b> Take time to reflect on what you love about being a parent!	19. <b>T/P:</b> Start the day off by thinking of three things you are doing really well as a teacher/parent. Remind yourself of those things daily.	20. <b>T/P:</b> Practice mindfulness as a class/family. <a href="http://www.mindfulteachers.org/p/mindfulness-resources.html">http://www.mindfulteachers.org/p/mindfulness-resources.html</a>	21. <b>T/P:</b> Stop. Breathe and remember you don't have to get everything right all the time.	22. <b>T/P:</b> Clean up a small area in your home/class that has been getting a bit disorganized.
25. <b>T/P:</b> 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, etc.	26. <b>T/P:</b> Take time with your students/family to discuss what you are grateful for.	27. <b>T/P:</b> Call a loved one and let him/her know why they are important to you.	28. <b>T/P:</b> Take time to focus on some of the unexpected positive aspects of staying in/home.	29. <b>T/P:</b> Take time to binge watch and do absolutely nothing!