

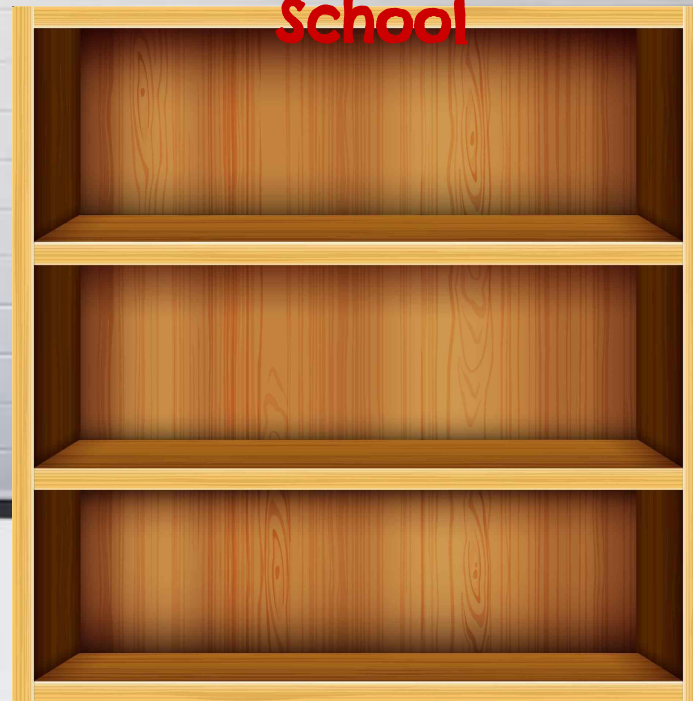


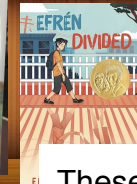
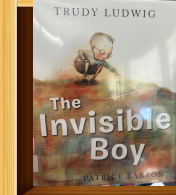
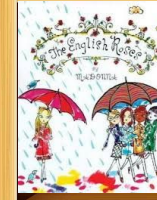
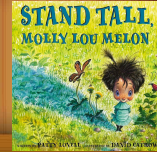
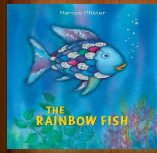
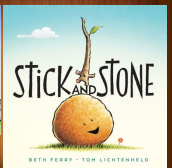
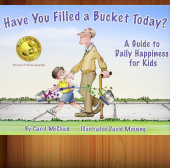
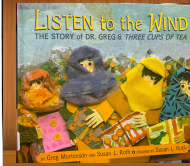
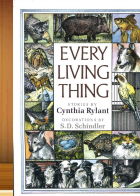
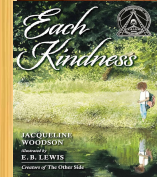
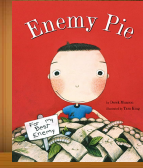
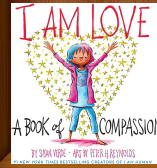
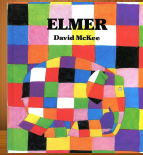
**Monthly SEL
Digital Library**

Lower School



Upper School





These 3 books don't have video links but Amazon link

SEL Kindness/Responsibility

Lower School Activities

Upper School

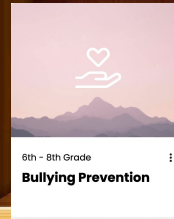


Saying Thank You

Students practice saying thank you to one another through a simple passing game.

Acts of Kindness Box

Students contribute observed acts of kindness.



Share Kindness

Students explore examples of kindness and unkindness.

The Science of Kindness

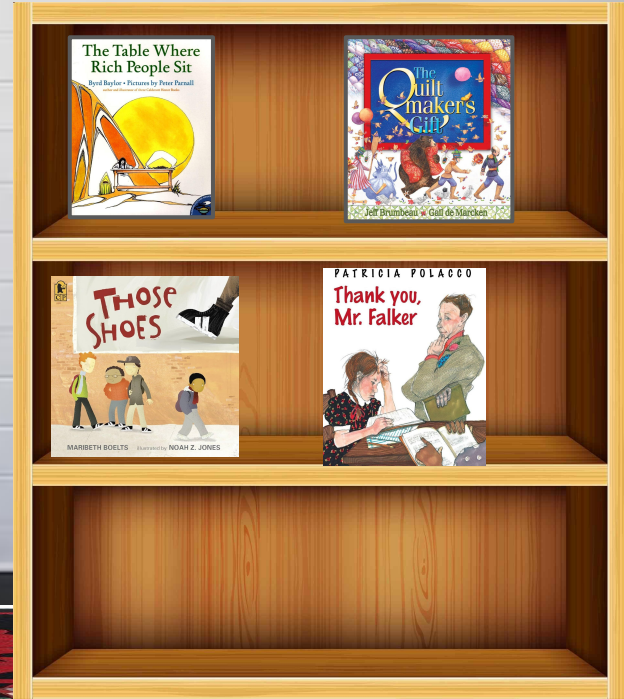
Students watch a video on kindness and discuss.



November Library Lower School

Gratitude Digital

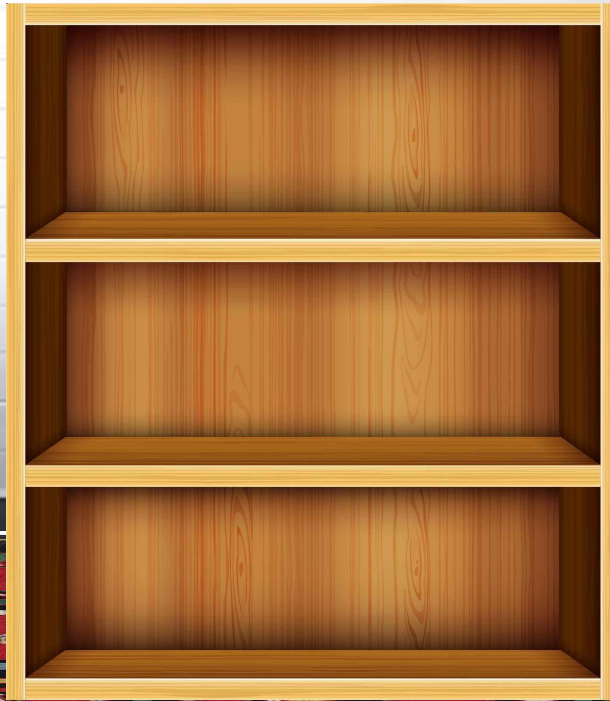
Older Students



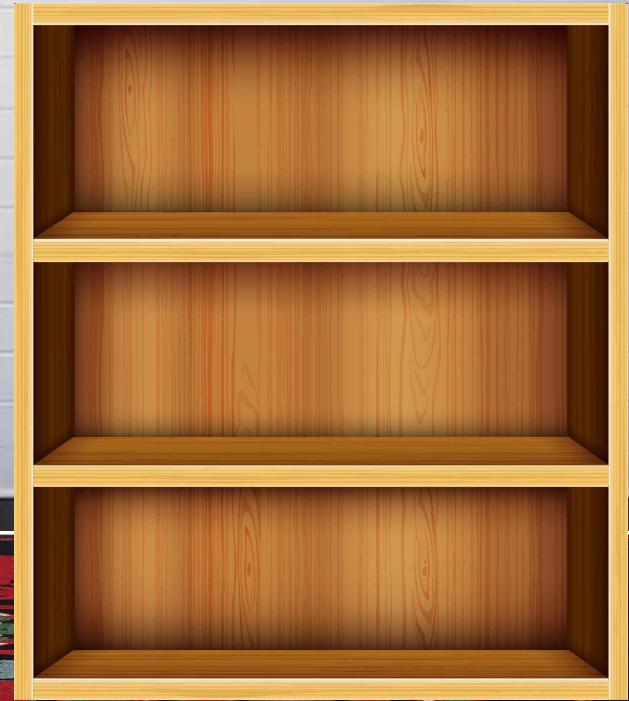
Give Thanks

November SEL Activities

Lower School

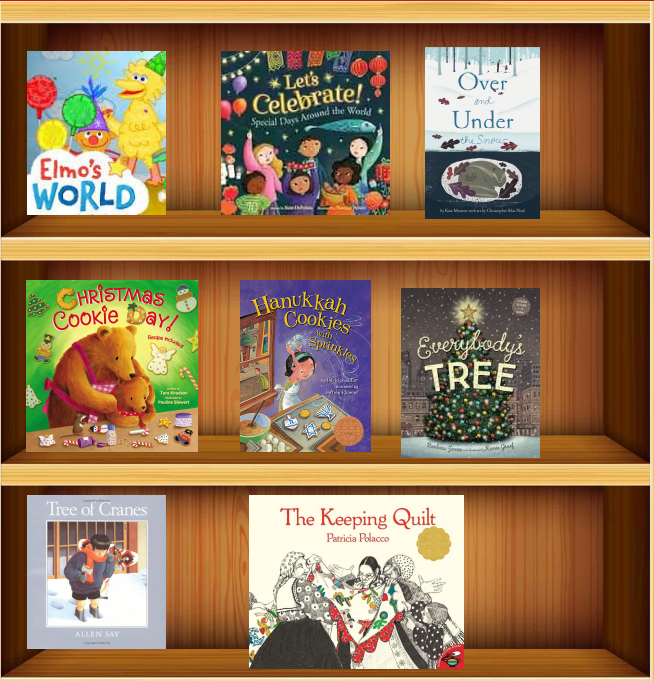


Older Students

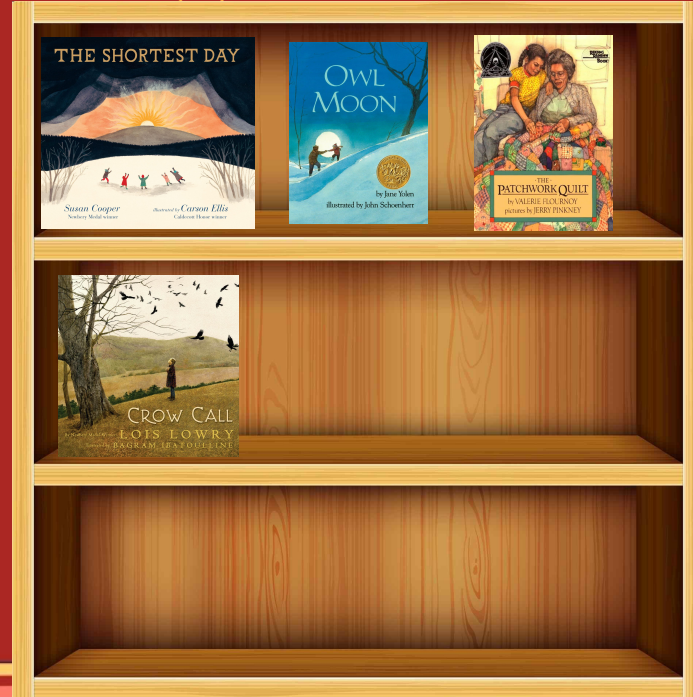


December Digital Library

Lower School



Upper School

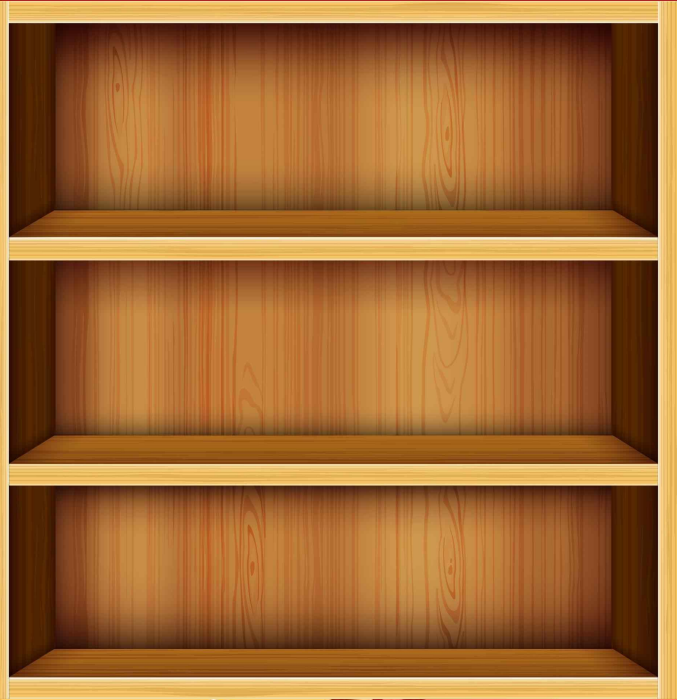


Celebrate!

December Digital Library

Lower School

Upper School



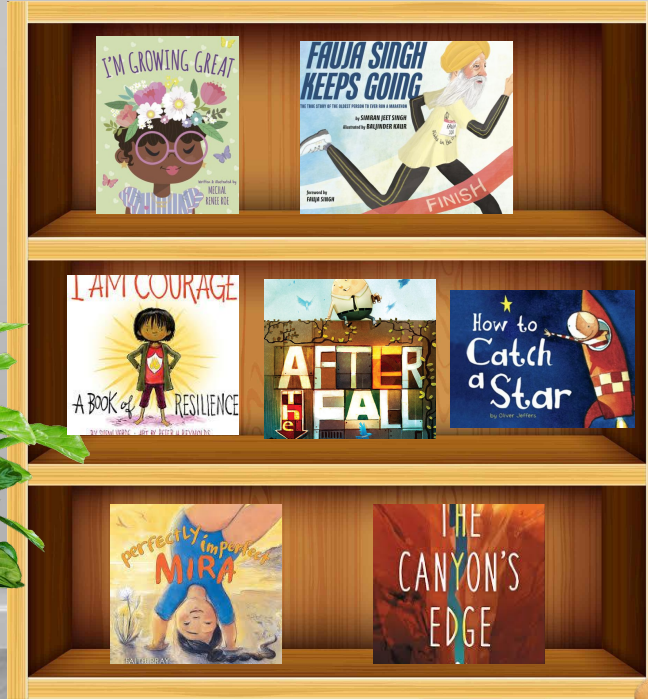
Celebrate!



Lower School



Upper School



January SEL Activities

Lower School



Upper School



WOOP Goal Setting

Students experience the positive impact of goal setting using a specific framework.



Leadership Vision Board

Students create a vision board that encourages self-reflection and goal setting.

February

Lower School

Upper School



Respect

February SEL Activities

Lower School

K-2

ACTIVITY

Boundary Bubble

Students practice setting boundaries in this art activity.

PREP

Paper, crayons or colored pencils.

3-5

ACTIVITY

What I Like About You (3-5)

Students practice sharing genuine, specific compliments to one another.

PREP

A place to document what students share (see pieces of paper or white board), one piece of paper per student. Optional art supplies.

Upper School

6-8

ACTIVITY

Five De-Escalation Skills

Students act out and practice de-escalating situations with their peers.

PREP

N/A

6-8

ACTIVITY

Oh, You're Here!

Students witness the importance and impact of tone of voice.

PREP

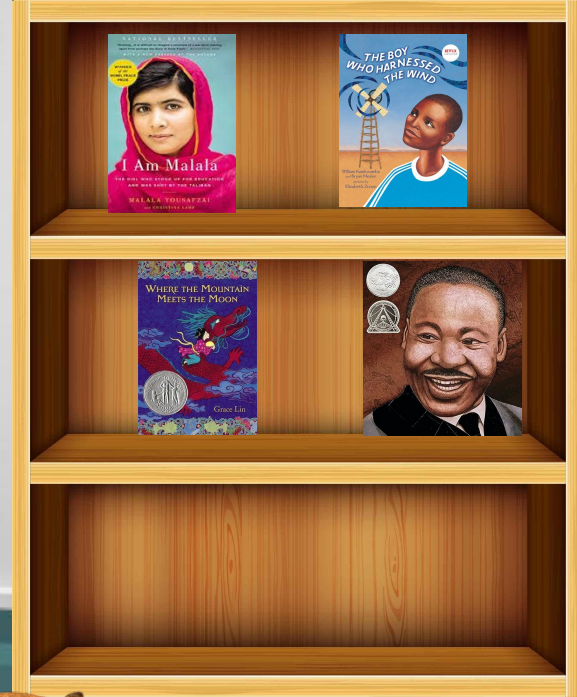
N/A

Respect

Lower School



Upper School



March SEL Activities

Lower School



Upper School



Actions of Belonging

Students brainstorm ways to create a culture of belonging.



Ripple Effect

Students reflect on the positive and negative ripple effects of their actions.

Lower School

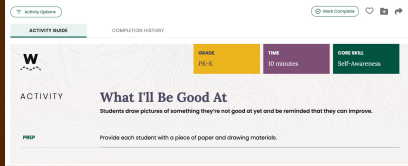


Upper School

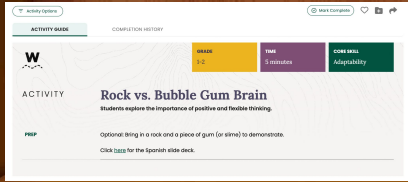


April SEL Activities

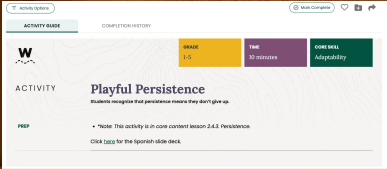
Lower School



TK - K



Gr 1-2



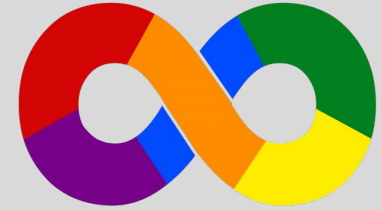
Gr 1-5

Upper School







[Perseverance Video & Lesson](#)

Perseverance

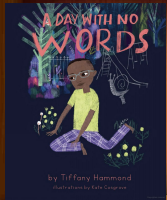
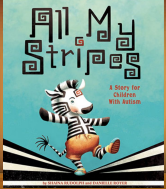
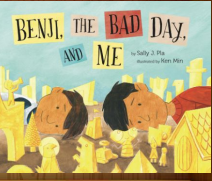

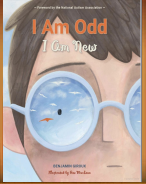
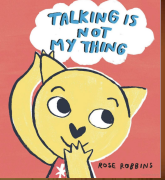
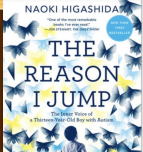

April Autism Acceptance Month



Videos

	
Introduction to Autism	Beyond Autism Awareness
	
Autistic kids in their own words	Autism Simulator
	
Welcome to the Autistic Community	What's up With Nick?

Books


		
Book Link	Book Link	
		
Book Link	Book Link	
		
Book Link	Book Link	

Upper Grades

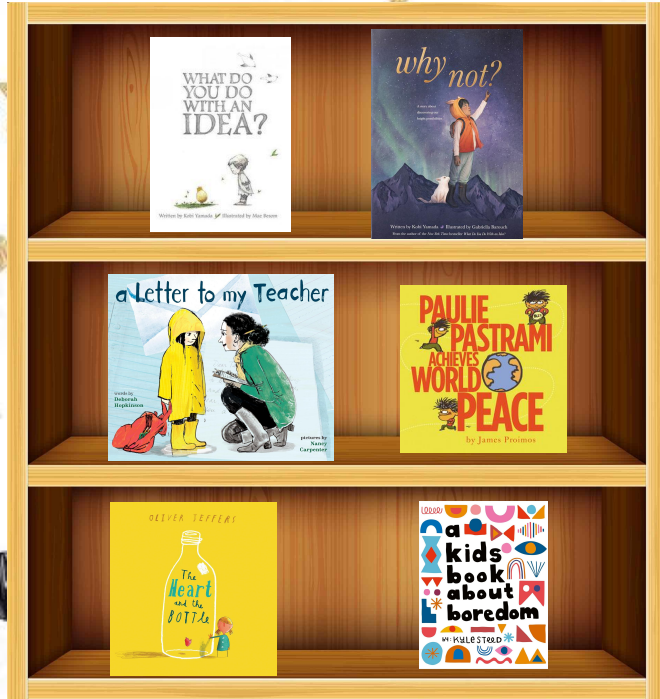
Handout

What is Autism?
A Pattern of Differences

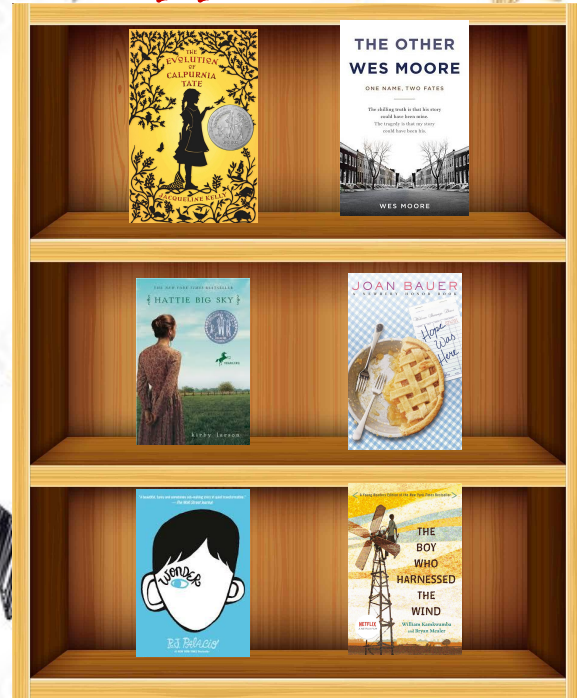
By Andi Putt, M.S., CCC-SLP



Lower School



Upper School



MAY & JUNE SEL Activities

Lower School

Upper School

<table border="1"><tr><th>GRADE</th><th>TIME</th><th>CORE SKILL</th></tr><tr><td>3-5</td><td>25 minutes</td><td>Self-Awareness</td></tr></table> <h3>Fixed Mindset vs. Growth Mindset Role-Plays</h3> <p>Students explore the differences between a fixed and growth mindset through role-playing.</p> <p>N/A</p>	GRADE	TIME	CORE SKILL	3-5	25 minutes	Self-Awareness
GRADE	TIME	CORE SKILL				
3-5	25 minutes	Self-Awareness				
<table border="1"><tr><th>GRADE</th><th>TIME</th><th>CORE SKILL</th></tr><tr><td>K-5</td><td>10 minutes</td><td>Adaptability</td></tr></table> <h3>I Choose to Try Again</h3> <p>Students reflect on and apply the idea that consistent practice helps them make progress.</p> <p>Find the book or play the five-minute read-aloud video of I Choose to Try Again by Elizabeth Estrada.</p>	GRADE	TIME	CORE SKILL	K-5	10 minutes	Adaptability
GRADE	TIME	CORE SKILL				
K-5	10 minutes	Adaptability				

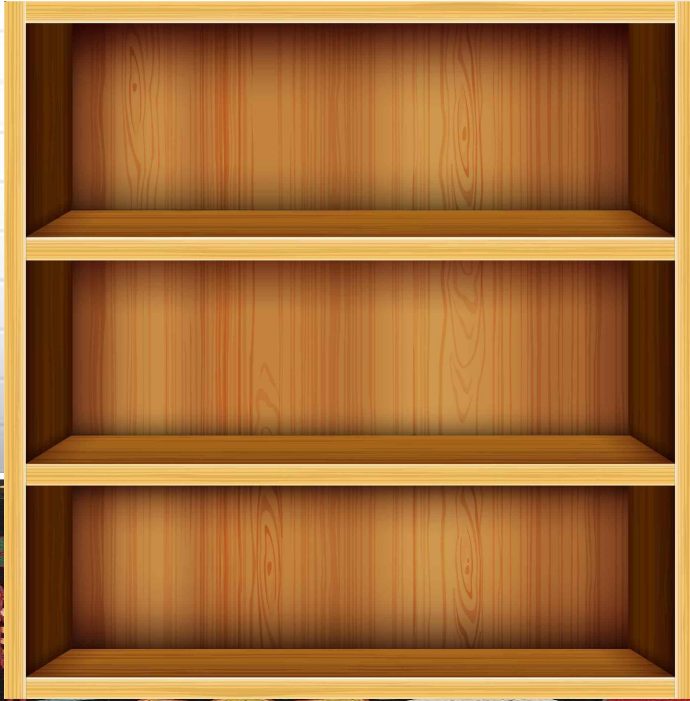
<table border="1"><tr><th>GRADE</th><th>TIME</th><th>CORE SKILL</th></tr><tr><td>3-12</td><td>30 minutes</td><td>Purpose</td></tr></table> <h3>Motivation + Inspiration: Complete the Sentence</h3> <p>Students complete a sentence that relates to their motivations and inspirations in life.</p> <p>PREP</p> <p>Provide paper and writing utensils.</p>	GRADE	TIME	CORE SKILL	3-12	30 minutes	Purpose
GRADE	TIME	CORE SKILL				
3-12	30 minutes	Purpose				
<table border="1"><tr><th>GRADE</th><th>TIME</th><th>CORE SKILL</th></tr><tr><td>6-8</td><td>30 minutes</td><td>Self-Awareness</td></tr></table> <h3>Identifying Space to Grow (6-8)</h3> <p>Athletes practice honest self-assessment, leading to actionable improvement plans.</p> <p>This is lesson in the ninth in the The Inner Game Chapter.</p>	GRADE	TIME	CORE SKILL	6-8	30 minutes	Self-Awareness
GRADE	TIME	CORE SKILL				
6-8	30 minutes	Self-Awareness				

Inspiration

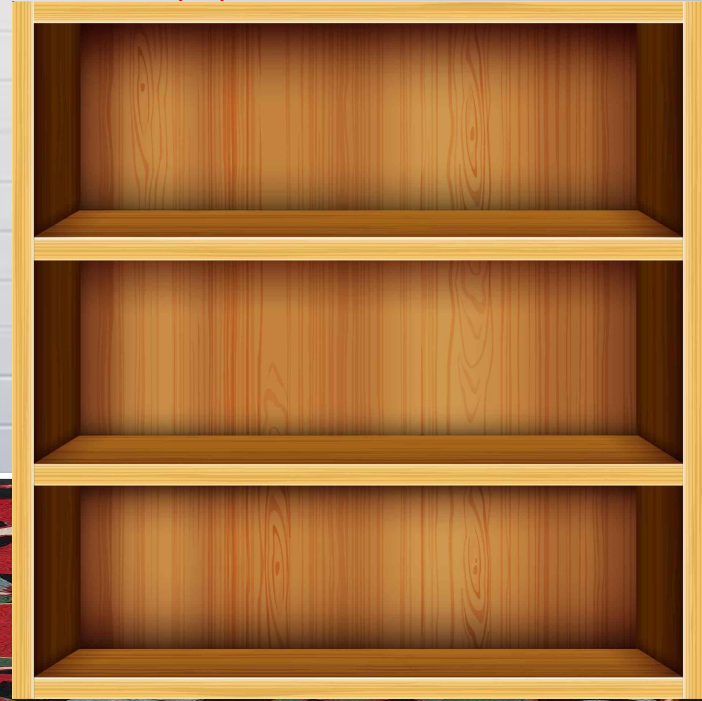


Keep Blank for Duplication

Lower School



Upper School



Give Thanks