

SEL Remote Learning

Remote Learning 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 Remote Learning. Additional content is also available in the Connect With Kids resource located on Launchpad and the Infinite Campus Parent Portal.

Elementary School

Lessons **(Hover over the video title. NEXT, Hold down the Ctrl button and Click the video title at the same time to access the videos):**

Reflection in Me Video

- Look in the mirror and list three things you love about yourself.
- 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).

Color Your World with Kindness

- Name something someone did for you that was kind. How did it make you feel?
- What is something kind you can do for someone at school? What is something kind you can do for someone at home?

Personal Space Camp

- What does "personal space" mean?
- What should you do if another student comes into your personal space?

Inside Out: Guessing the Feelings

- Watch the video and see if you can guess each of Riley's feelings.
- After the video, draw a picture of the feelings that live inside your head and what you think each of them might look like.

Bullying and Cyberbullying: What's the difference?

- What is the difference between being mean, and bullying?
- How is cyberbullying different than bullying?
- What will you do if you see cyberbullying?

Private and Personal Information

- Name two things you should not put on social media.
- What are some good things about using social media?

Just for Fun:

14. Yoga Fun
15. Mindfulness

