

Happy Teacher SEL Challenge: April 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1. Find a new call and response to use with your class. http://thecornerstoneforteachers.com/2014/01/50-fun-call-and-response-ideas-to-get-students-attention.html</p> | <p>2. Give a compliment to a student who often seems to be in trouble. Say it somewhere other students might overhear.</p> | <p>3. Play some relaxing music while your students are working.</p> | <p>4. 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>5. Play a team building game with your class.</p> |
| <p>8. Use this website to find a new way to get your day started with your students. http://www.scholastic.com/teachers/daily-starter/teacher</p> | <p>9. Pick a gratitude activity to do with your class.</p> | <p>10. Watch this video from SoulPancake! https://www.youtube.com/watch?v=P_u999RPYkQ</p> | <p>11. Clean up a small area in your class that has been getting a bit disorganized.</p> | <p>12. Spring Break is here! Take time after school to organize your room so you don't have to think about it for a while.</p> |



15-19. Spring Break!!!

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| <p>22. Clean out a cabinet or drawer in your classroom that has become overwhelming.</p> | <p>23. Write a thank you note to a classified staff member who helps make a smooth day for you and your students.</p> | <p>24. Practice mindfulness as a class. http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html</p> | <p>25. Have lunch with a student who may need some extra attention and thank them for spending time with you.</p> | <p>26. Pick a gratitude activity to do with your class.</p> |
| <p>29. Make a list of everything you are grateful for!</p> | <p>30. Wipe down all the counters and desks in your class. A germ free and sparkling class can do wonders for overall happiness.</p> | <p>“Don't let your happiness depend on something you may lose.” -C.S. Lewis</p> | | |