

Happy Teacher SEL Challenge: March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1. During lunch, relax and chat with colleagues about non-work related topics.
4. 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.	5. Put some students aside to tell them how much they have improved and how proud you are of them.	6. Organize an area in your classroom that has become chaotic.	7. Take a short walk during your lunch, prep, or after school.	8. Clean your inbox, go through emails and organize your folders.
11. Get outside during lunch today for a quick walk.	12. At the end of the day play a game as a class!	13. Spend some time walking through your colleague's classrooms. This is a great way to gather teaching ideas.	14. Find a new participation or discussion protocol to teach your class. https://www.edutopia.org/pdfs/stw/edutopia-sfw-assessment-discussion-protocols-for-any-subject.pdf	15. Compliment another teacher on something that they have done well for the students or school. Appreciation goes a long way.
18. Take time to reflect on what you love about your job!	19. Start the day off by thinking of three things you are doing really well as a teacher. Remind yourself of those things daily.	20. Practice mindfulness as a class. http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html	21. Stop. Breathe and remember you don't have to get everything right all the time.	22. Clean up a small area in your class that has been getting a bit disorganized.
25. Commit to trying something new this week. This could be finding a new book to read, trying a new class at the gym, finding a new restaurant, etc.	26. Pick a gratitude activity to do with your class.	27. Call a loved one and let him/her know why they are important to you.	28. Find a professional article that gives you new insight or reignites a teaching passion that you hold.	29. Change the bulletin boards in your classroom.