

Happy Teacher SEL Challenge: February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>“If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely.” -Roald Dahl</p>				<p>1. Start the month by cleaning off all the counters and desk tops in your class.</p>
<p>4. Treat yourself to something yummy for dessert.</p> 	<p>5. Download the free desk planner, laminate it, and attach it to your desk/ https://goo.gl/neBYn2</p>	<p>6. Do something nice for another teacher on campus.</p>	<p>7. Drinking water helps energize muscles, keeps your kidneys healthy, and keeps you looking great. Have a water bottle in your classroom and attempt to drink at least 64 oz. a day..</p>	<p>8. Tomorrow starts a three-day weekend. Stay a little later at work so you don't have to take anything home with you.</p>
<p>11. Enjoy your day off!!</p>	<p>12. Give someone your full attention - put down your phone and really listen.</p>	<p>13. Go for a walk at lunch and leave your cell phone behind.</p>	<p>14. With your class, brainstorm a list of things your class loves.</p> 	<p>15. Write a funny joke on the board for students to read when they enter the room.</p>
<p>18. Enjoy your day off!!</p>	<p>19. Write a thank you note to the custodian that cleans your classroom and tell them that you appreciate their work. It is usually a thankless job.</p>	<p>20. Try using an exit pass at the end of a lesson to see what your students have learned. Download this free exit pass: https://goo.gl/gYPpgf</p>	<p>21. Pick a group of kids to have lunch with.</p>	<p>22. Compliment a colleague.</p>
<p>25. Make a positive phone call home.</p>	<p>26. Don't do anything at lunch today and don't feel guilty about it.</p>	<p>27. Write a note to a parent thanking them for the hard work they put into raising their child.</p>	<p>28. Change your bulletin boards to represent a new theme, content area, or season.</p>	