



Happy Teacher SEL Challenge: June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Take time today to appreciate something that didn't happen today. (flat tire, arguments at recess, etc.)</p> <p>Write a quick note of appreciation for 1/3 of your class. Save them to pass out on the last day.</p>	<p>4. If you are feeling a negative emotion today...slap a label on it. Frustrated...angry...sad... Labeling an emotion shifts it from the emotional part of the brain to the thinking part. This allows you to have more control over the feelings.</p>	<p>5. Write a quick note of appreciation for 1/3 of your class. Save them to pass out on the last day.</p>	<p>6. Mentally or on paper, list 5 things that you are most proud of this year.</p> <div style="text-align: center;">  </div>	<p>7. End the day with some free time for you and your students. Join in on their activities.</p>
<p>10. If you haven't started already, begin throwing away damaged or out of date materials from your classroom.</p>	<p>11. Sit up straight. Studies show that slouching increases bad moods and lower self-esteem.</p>	<p>12. Write a quick note of appreciation for 1/3 of your class. Save them to pass out on the last day.</p>	<p>13.</p> <h3 style="text-align: center;">Last Day of Instruction</h3> <p>Pass out notes of appreciation to your class.</p>	<p>14.</p> <h3 style="text-align: center;">Last Day of School Enjoy Your Summer!!</h3> <div style="text-align: center;">  </div>



Summer Break: The Time When Parents Realize That Teachers Are Grossly Underpaid.

