

Happy Teacher SEL Challenge: May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Of this be sure: You don't find a Happy Life.... YOU MAKE IT.</p>		<p>1. Start a fun art project for Mother's Day. project ideas</p>	<p>2. Organize an area of your classroom that has become cluttered.</p>	<p>3. Find a new participation or discussion protocol to teach your class. discussion protocols</p>
<p>6. Pick a gratitude activity to do with your class. gratitude activities</p>	<p>7. Play relaxing music while your students are working.</p>	<p>8. Start the day off by thinking of 3 things you are doing well in your personal and professional life.</p>	<p>9. Give a compliment to a student who may not receive them on a regular basis.</p>	<p>10. Make a conscious effort to smile more today.</p> <div style="text-align: center;">  </div>
<p>13. Don't do anything during lunch today. DON'T feel guilty. .</p>	<p>14. In a community circle, have students share something that is going well this week.</p>	<p>15. Think of a student you struggled with most this year and list as many things about them that make you proud. Share it with their family.</p>	<p>16. Share a positive post on your social media page.</p>	<p>17. Practice mindfulness as a class. mindfulness ideas</p>
<p>20. Pick a gratitude activity to do with your class.</p>	<p>21. Make a list of all the things you need to do to be ready to leave your classroom for the summer.</p>	<p>22. Go through your file cabinet and purge all out dated or irrelevant materials.</p>	<p>23. Practice mindfulness with your class. mindfulness ideas</p>	<p>24. Go out with your colleagues for "coffee" after work.</p>
<p>27. Take today off from work, you deserve it. Memorial Day </p>	<p>28. Start a fun art project for Father's Day. project ideas</p>	<p>29. Let one or more of your families know how much you appreciate the support they have provided you and/or their child.</p>	<p>30. Be kind to yourself. Take a walk during your lunch or after work.</p>	<p>31. Send a thank-you note to someone who really supported you this year.</p>

