

April 2020 SEL Calendar: Home Edition

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Start a gratitude list or journal.	2 Listen to and discuss Matt de la Peña read aloud his book, <i>Love</i> (via Penguin Kids)	3 Have the student draw himself or herself as a superhero! Discuss what his or her superpowers would be.
6 Have your child write a letter to his or her teacher or classmate explaining what they have been doing in their time away from school.	7 Design and create a family coat of arms to display	8 Teach your child <i>bumblebee breaths</i>	9 Take a walk outside and try to find every color you find in a rainbow.	10 Listen to and discuss <i>Enemy Pie</i> by Derek Munson read aloud (via Storyline Online)
13 Play Clap, Snap, Twist with your child	14 Listen to and discuss <i>The Day You Begin</i> by Jacqueline Woodson (via Brightly Storytime)	15 Decorate a window, door, or another convenient place in a way that will help spread joy, kindness, and beauty to your neighborhood	16 Have your child design and color an emoji that shows how he or she is feeling that day.	17 Attempt all (or part of) Cosmic Kids Yoga's <i>Frank the Frog Yoga Adventure</i>
20 Listen to and discuss <i>The Bad Seed</i> by Jory John read aloud (via Harper Kids)	21 Teach your child <i>wingspan breaths</i>	22 Have your child write about or draw the activity they miss doing the most!	23 Have your child write and share two or three hashtags that he or she would use to describe himself or herself	24 Go for a walk where everyone remains silent and just takes in all of their surroundings
27 Watch and complete the <i>Still Quiet Place</i> activity from GoZen! with your class	28 Have a dance party to <i>Trolls: Can't Stop the Feeling</i> (via GoNoodle)	29 Listen to and discuss <i>A Bad Case of Stripes</i> by David Shannon read aloud (via Storyline Online)	30 Have your child look over and read everything they wrote down in their gratitude journal or gratitude list	

ACTIVITIES IN **BOLD** Have a DESCRIPTION ON PAGE 2

Descriptions of Activities

- April 1st: **Gratitude Journals**: After you buy a car, have you ever suddenly noticed how EVERYONE drives the same car as you? How about when you're having a bad day and every single thing that day goes wrong? When you focus on a particular thing, it completely shifts your mindset. Use it to your advantage! By utilizing a gratitude journal or gratitude list with your child, it will help him or her begin to focus more on the positive. Make it fun! The journal doesn't have to be anything fancy. Have your child decorate the cover or the top of the list. Then take a few minutes every day to have the child write down some things he or she is grateful for or that went well that day.
- April 2nd: **Love Read Aloud by Author Matt de la Peña (via Penguin Kids and YouTube)**:
<https://www.youtube.com/watch?v=nrkTxSHPrEw>
- April 8th: **Bumble Bee Breaths**: Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears hum out your exhalation. The comforting resonance of this has a calming effect and doing it with your eyes closed can make it even more peaceful. Source:
<http://www.cosmickids.com/read/five-fun-breathing-practices-for-kids/>
- April 10th: **Enemy Pie by Derek Munson Read Aloud (via Storyline Online and YouTube)**:
<https://www.storylineonline.net/books/enemy-pie/>
- April 13th: **Clap, Snap, Twist**: This is a game for pairs. Have the pairs begin by repeatedly counting back and forth 1,2,3. If the pair messes up the pattern, they should start over. After about 30 seconds, repeat the process but have them swap out saying the number one for clapping once. Then after about a minute (and a bunch of laughs), have the person snap instead of saying the number two. Then eventually have them twist their body instead of saying the number three.
- April 14th: **The Day You Begin by Jacqueline Woodson Read Aloud (via Brightly Storytime)**:
https://www.youtube.com/watch?v=-XUkWoRpeR4&feature=emb_title
- April 17th: **Frank the Frog: A Cosmic Kids Yoga Adventure!**: https://www.youtube.com/watch?v=TY8xx7c6_z0
- April 20th: **The Bad Seed by Jory John Read Aloud (via Storyline Online)**:
https://www.youtube.com/watch?v=uqsGoiz-ufq&t=11s&disable_polymer=true
- April 21st: **Wingspan Breaths**: Have your child stand with his or her feet slightly apart. As the child slowly breathes in, have them slowly outstretch his or her arms and raise them towards the sky. Repeat several times.
- April 27th: **Still Quiet Place** from GoZen!: <https://www.youtube.com/watch?v=GIJn5XhqPN8>
- April 28th: **Can't Stop the Feeling** (via GoNoodle): <https://www.youtube.com/watch?v=KhfkYzUwYFk>
- April 29th: **A Bad Case of Stripes by David Shannon Read Aloud (via Storyline Online)**:
<https://www.storylineonline.net/books/a-bad-case-of-stripes/>