

December 2020 SEL Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Have students write out a goal for themselves for the month of December and the steps they will take to accomplish it	2 Read and discuss <u>The Rough Patch</u> by Brian Lies	3 Complete <i>ABCs of Gratitude</i> with your class	4 Practice <i>Candle Breath</i>
7 Try <i>Yoga PE-Heart</i> with your class via Yoga with Adriene	8 Play <i>Guess Who</i> with your students	9 Have students practice guessing emotions behind masks (via Edutopia)	10 Read and discuss <u>B is for Breathe</u> by Dr. Melissa Munro Boyd	11 Watch and discuss <i>Thought Bubbles</i> from Cosmic Kids Yoga
14 Read and discuss <u>I Will Be Fierce!</u> by Bea Birdsong	15 Have a family lunch and eat with your class virtually before break	16 Practice Calm's <i>Breathe Bubble</i> with your class	17 Have a virtual talent show where students can highlight a talent	18 Give students back the goals they set and have them reflect on if they met their goal and what their next steps should be

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

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Descriptions of Activities

- December 1st: Goal Setting: If you are looking for ways to goal set with your students, I highly suggest looking at Character Lab's WOOP Goal Setting process here: <https://characterlab.org/activities/woop-for-classrooms/>
- December 3rd: **ABCs of Gratitude**: As a group, try to come up with something to be grateful for that begins with each letter of the alphabet.
- December 4th: **Candle Breath** via YouTube: <https://www.youtube.com/watch?v=0Dq6DpXyICY>
- December 7th: **Yoga PE-Heart** via Yoga with Adriene: https://youtu.be/H0ZqRJWd_sg
- December 8th: **Guess Who**: Each student should submit three facts about themselves to you. You will secretly choose a student whose facts you will read aloud. After each fact, students can guess who they think the person is.
- December 9th: **Guessing Emotions Behind a Mask** via Edutopia: This activity is very timely. Having part of our face covered with a mask makes reading emotions extremely difficult. The article and video from Edutopia that describes this simple activity are very eye-opening.
<https://www.edutopia.org/video/helping-students-read-emotions-behind-masks>
- December 11th: **Thought Bubbles** from Cosmic Kids Yoga via YouTube: <https://youtu.be/xUUq0HuSLS0>
- December 16th: **Calm's Breathe Bubble**: <https://youtu.be/5DqTuWve9t8>