

January 2019 SEL calendar CHALLENGE #W68CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday
7 Have students write out a goal for themselves for the month of January and the steps they will take to accomplish it	8 Read and discuss <u>The World is Not a Rectangle: A Portrait of Architect Zaha Hadid</u> by Jeanette Winter- your instructional coach will have a copy	9 It's National Law Enforcement Appreciation Day. Write letters or make cards for your local police officers thanking them for all they do.	10 Try the mindfulness exercise, <i>Using Breath as Anchor</i> (via Vimeo)	11 Set up a "cool down corner" in your classroom
14 Have students complete the frozen penny challenge	15 Try the <i>Banana Banana Meatball</i> brain break from Go Noodle!	16 Read and discuss <u>We Don't Eat Our Classmates</u> by Ryan T. Higgins- your instructional coach will have a copy	17 Create a classroom pledge that students can recite at the beginning of each day	18 Mail or send home positive notes for at least three students
21 Give students back the goals they set for themselves and have them reflect on their progress so far	22 Complete the <i>Five Senses</i> exercise	23 Have students write out and share a recipe for friendship	24 Have students research and explain the meaning of their names	25 Read <u>Sit-in: How Four Friends Stood Up by Sitting Down</u> by Andrea Davis Pinkney
28 Read and discuss <u>Enemy Pie</u> by Derek Munson	29 Have students create <i>Identity Selfies</i>	30 Give each pair or small group of students some type of building material such as blocks, connecting cubes, or Legos and have them create and share something that would make their lives easier	31 Give students back the goals they set and have them reflect on if they met their goal and what their next steps should be	

Name_____BUILDING_____

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

- January 10th: **Using Breath as Anchor:** <https://vimeo.com/227543375>
- January 11th: **Cool Down Corner:** Designate an area of your classroom for a student to go to when he or she needs a moment to calm down. If you are interested in setting up an area and need a few basic starter items (such as a timer, calm down jar, etc.), let me know by Wednesday, January 9th and I will send you some items.
- January 14th: **Frozen Penny Challenge:** Give each student (or pair of students) a penny frozen in ice. You can do this by filling each reservoir of an ice cube tray halfway with water. When it is frozen, place a penny in each reservoir. Then fill it to the top with water and freeze. The goal is for students to get the penny out of the ice cube **without breaking the ice or using their mouths.**
- January 15th: **Banana Banana Meatball Brain Break:**
<https://app.gonoodle.com/activities/banana-banana-meatball>
- January 22nd: **Five Senses Exercise:** Lead students in the following exercise. The teacher is the only one that talks. Give students approximately one minute for each sense.
 - Notice five things you can **see**. Challenge students to notice something they haven't before.
 - Notice four things you can **feel**. Challenge students to be aware of the things they feel such as the rough denim of their jeans against their legs or the elastic of their socks around their ankles.
 - Notice three things you can **hear**. Challenge students to notice the sounds around them such as the humming of the radiator or the ticking of the second hand of the clock.
 - Notice two things you can **smell**. Challenge students to notice the subtle smells around them such as the books or paper on their desks or food from the lunchroom.
 - Notice one thing you can **taste**. Challenge students to notice a subtle taste in their mouth.
- January 29th: **Identity Selfies:** Take and print a picture of each student's face on a white (or light colored) background. Have students write words around their face with words or phrases that make them who they are (ex. *soccer player, sensitive, organized*). Teachers could also have students draw a self-portrait instead of taking their pictures.