

# March 2019 SEL Calendar #w68challenge

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> County Institute Day! Take time to send two positive emails or postcards home
<b>4</b> Have students write out a goal for themselves for the month of March and the steps they should take to accomplish it	<b>5</b> Read <u>Mixed Me</u> by Taye Diggs. This title is available in most of the LRCs	<b>6</b> <b>Create an account at Mind Yeti and try one of the free mindfulness exercises</b>	<b>7</b> Create and practice a class "secret" handshake	<b>8</b> <b>Use the district's Empathy Toy kits in the classroom with students</b>
<b>11</b> Designate an area of the classroom where you and students can leave positive shout-outs for each other	<b>12</b> Give students back the goals they set for themselves and have them reflect on their progress so far	<b>13</b> Read and discuss <u>I Am Enough</u> by Grace Byers. Your instructional coach will have a copy.	<b>14</b> Teach your students <i>Square Breathing</i> : inhale, hold, exhale, hold, repeat- each for 4 seconds	<b>15</b> Buddy read with another grade level
<b>18</b> Read and discuss <u>Kindness is Cooler, Mrs. Ruler</u> by Margery Cuyler. Your instructional coach will have a copy.	<b>19</b> Students respond to the following prompt, "If you really knew me, you would know..."	<b>20</b> <b>Have students watch and complete <i>Kindness for Self and Others</i> (via Vimeo)</b>	<b>21</b> Ask students to share with the class a family tradition or book/story from their culture	<b>22</b> Share with students your favorite (school appropriate) song of all time
<b>25</b> Have students write their name on a piece of paper on their desk. Students rotate to each desk and write something positive about that student on the paper	<b>26</b> Students create/color flags of the country they or their families came from and display them in the classroom	<b>27</b> Take the time to teach students something you are passionate about and enjoy doing	<b>28</b> Read and discuss <u>Under My Hijab</u> by Hena Khan. Your instructional coach will have a copy.	<b>29</b> Give students back the goals they set and have them reflect on if they met their goal and what their next steps should be

SEL Chapter Book of the Month: *Amal Unbound* by Aisha Saeed

Name \_\_\_\_\_ BUILDING \_\_\_\_\_

ACTIVITIES IN **BOLD** HAVE A DESCRIPTION ON PAGE 2

# Descriptions of Activities

- March 6th: **Mind Yeti:** <https://mindyeti.com/v2/s/>
- March 8th: **Empathy Toy:** Learn more about this powerful tool here: <https://twentyonetoys.com/pages/empathy-toy> The district has four sets for teachers to borrow. Please talk with your instructional coach.
- March 20th: **Kindness for Self & Others:** <https://vimeo.com/227542613>