

# March 2020 SEL Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Have students write out a goal for themselves for the month of March and the steps they should take to accomplish it	<b>3</b> Read <u>The Proudest Blue: A Story of Hijab and Family</u> by Ibtihaj Muhammad.	<b>4</b> Create an account and explore the resources at <b>Stop Breathe &amp; Think</b>	<b>5</b> Create and practice a class "secret" handshake	<b>6</b> Send two positive postcards home
<b>9</b> Designate an area of the classroom where you and students can leave positive shout-outs for each other	<b>10</b> Share with students your favorite (school appropriate) song of all time	<b>11</b> Read and discuss <u>Little Leaders: Bold Women in Black History</u> by Vashti Harrison.	<b>12</b> Teach your students <i>Square Breathing</i> : inhale, hold, exhale, hold, repeat-each for 4 seconds	<b>13</b> Buddy read with another grade level
<b>16</b> Read and discuss <u>Hidden Figures</u> by Margot Lee Shetterly.	<b>17</b> Give students back the goals they set for themselves and have them reflect on their progress so far	<b>18</b> Have students watch and complete <b>Kindness for Self and Others (via Vimeo)</b>	<b>19</b> Ask students to share with the class a family tradition or book/story from their culture	<b>20</b> Have students respond to the following prompt, "If you really knew me, you would know..."
<b>23</b> Complete <b>Student Positivity Posters</b> with your students	<b>24</b> Complete <b>Shake it Out</b> with your students	<b>25</b> Take the time to teach students something you are passionate about and enjoy doing	<b>26</b> Read and discuss <u>Just Ask</u> by Sonia Sotomayor.	<b>27</b> Complete <b>The Ping Pong Ball Pass Challenge</b>
<b>30</b> Have students watch and discuss <b>Mindfulness: Observing a Train of Thoughts (via GoZen and YouTube)</b>	<b>31</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: *Other Words for Home* by Jasmine Warga

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

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# Descriptions of Activities

- March 2nd: **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/>
- March 4th: **Stop Breathe & Think:** <https://www.stopbreathethink.com/educators/>
- March 18th: **Kindness for Self & Others:** <https://vimeo.com/227542613>
- March 23rd: **Student Positivity Posters:** Have each student write their name on a large piece of paper and place it on his or her desk. Students rotate to each desk and write something positive about the student whose name is on the paper.
- March 24th: **Shake it Out:** This is a great activity to use as a warm-up or cool-down exercise. Students will shake out their right hand, left hand, right leg and then left leg to a count of 8, then 4, then 2, and finally 1. Broken down, it looks like this:
  - Students will shake their right hand as the class counts up to 8
  - Then students will shake their left hand as they count to 8
  - The process is repeated for the right leg and then the left leg, each time counting up to 8
  - You will then have students start the process again but for this round students will count up to 4
  - When completed, you will do the same cycle counting up to 2
  - The final round is doing the same cycle but counting up to 1
- March 27th: **The Ping Pong Ball Pass Challenge:** Students are in groups of four. Each student has a solo cup, and each group has one ping pong ball. Students stand in a circle, at least an arm's length apart from one another. Without simply "pouring" the ball into the next person's cup, teams must pass the ping pong ball from one person to the next. A variation of the game might be to give two ping pong balls to each team so that they are simultaneously passing. Another would be to have teams take a step back from one another before trying again once a successful pass around the entire circle is made.
- March 30th: **Mindfulness: Observing a Train of Thoughts** (via GoZen and YouTube):  
<https://www.youtube.com/watch?v=F0SWMICwtm0>