

OCTOBER 2018 SEL calendar #SELcalendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Have students write out a goal for themselves for the month of October and the steps they will take to accomplish it	2 It's National Custodial Workers Recognition Day. Have students write a letter or make cards thanking them!	3 Take your students out for an extra recess	4 Since October is National Bullying Prevention Month, create anti-bullying posters to hang in the hallway	5 Have students play <i>Double This, Double That</i>
8 Write something positive about each student on a sticky note and place it on his or her desk	9 Read and discuss <u>The Day You Begin</u> by Jacqueline Woodson	10 Have students write and share one thing they can do to spread kindness	11 Read selections from <u>The Best Part of Me</u> by Wendy Ewald. Then have students create a page similar to one in the book.	12 Watch and complete <i>Body Scan Meditation</i> from GoZen! with your class- via YouTube
15 Have students list and share ways they can stand up to a bully	16 Pair up with another grade level and have students buddy read	17 Give students back the goals they set for themselves and have them reflect on their progress so far	18 Do the <i>Can't Stop the Feeling Brain Break</i> from Go Noodle!-via YouTube	19 Read <u>Giraffes Can't Dance</u> by Giles Andreae and have each student share something he or she can't do....yet
22 Hold a class meeting where everyone can discuss things that are going well, and things that could be worked on	23 Watch <i>Why Are Some People Mean?</i> from Cosmic Kids Yoga-via YouTube	24 Read and discuss <u>Thank You, Mr. Falker</u> by Patricia Polacco	25 Have students write a letter to a teacher or other adult who made a difference in their life. Pairs well with yesterday's read aloud.	26 Invite students to share a hidden talent with the class
29 Decide, as a class, on a class theme song you could begin (and maybe end!) each day with	30 Read and discuss <u>Each Kindness</u> by Jacqueline Woodson	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		

SEL Chapter Book of the Month: *The Night Diary* by Veera Hiranandani

ACTIVITIES IN **BOLD** Have a DESCRIPTION on Page 2

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- October 5th: **Double This Double That:** Students do hand motions/clapping while saying the following rhyme:

Double double this this,
Double double that that,
Double this, double that
Double double this that

In pairs, students hold their hands up and face each other. Students say the rhyme. Whenever they say “double” the students clap their own hands. Whenever the students say “this” they clap their palms with their partner. Whenever the students say “that” they clap the back of their palms with their partner. Video examples here: <http://funclapping.com/song-list/double-this-double-that/>

- October 12th: **Body Scan Meditation** from GoZen!: <https://www.youtube.com/watch?v=aIC-lo44lv4>
- October 18th: **Can’t Stop the Feeling Brain Break** from GoNoodle: <https://www.youtube.com/watch?v=KhfkYzUwYFk>
- October 23rd: **Why Are Some People Mean?** from Cosmic Kids Yoga: <https://www.youtube.com/watch?v=b5LLfdhGekA>