

October 2020 SEL Calendar

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 Since October is National Bullying Prevention Month, have students create and share anti-bullying posters using the media of their choice
5 Make positive phone calls home for at least three students	6 Practice box breathing as a class for three minutes	7 Give students an extra break during virtual or in-person learning	8 Read and discuss <u>Even Superheroes Have Bad Days</u> by Shelly Becker. Your instructional coach will have a copy.	9 Watch and complete <i>Intro to Mindfulness: Sitting Still</i> from Fablefy with your class
12 Have students list and share ways they can stand up to a bully	13 Read and discuss <u>The Color Monster: A Story About Emotions</u> by Anna Llenas. Your instructional coach will have a copy.	14 Give students back the goals they set for themselves and have them reflect on their progress so far	15 Complete the <i>Tell Me Something Good</i> Activity	16 Complete and discuss <i>The Wheel of Emotions</i>
19 Read and discuss <u>A Little Spot of Anxiety</u> by Diane Alber. Your instructional coach will have a copy.	20 Watch <i>Why Are Some People Mean?</i> from Cosmic Kids Yoga	21 Hold a class meeting where everyone can discuss things that are going well, and things that could be worked on	22 Watch and complete <i>Confidence Meditation for Kids</i> from GoZen! with your class	23 Complete <i>The Circle of Control</i> as a whole group
26 Watch and discuss <i>Growth Mindset for Students via Class Dojo</i>	27 Decide, as a class, on a class theme song you could begin (and maybe end!) each day with	28 Read and discuss <u>Fry Bread: A Native American Family Story</u> by Kevin Noble Maillard. Your instructional coach will have a copy.	29 Have students share a hidden talent with the class	30 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

Descriptions of Activities

- October 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/>
- October 6th: **Box Breathing**: Have students imagine there is a square in front of them. Then have the students:
 - Point their index finger towards the imaginary square and use it to trace the four sides of it
 - As you trace the first side of the square, breathe in for four seconds
 - As you trace the next side of the square, breathe out for four seconds
 - Continue this process for the other sides of the square
 - Repeat this for three minutes
- October 9th: **Intro to Mindfulness: Sitting Still** from Fablefy: <https://youtu.be/8qYsfG1N9C0>
- October 15th: **Tell Me Something Good**: Show your students the video *Say Something Nice* by ImprovEverywhere: <https://www.youtube.com/watch?v=RwEYYI-AGWs>. Then have students take turns saying something good or positive.
- October 16th: Wheel of Emotions: Have students color in or decorate each slice of the wheel below to show the emotion listed. This is a good starting point for a discussion about feelings. Wheel template: <https://bit.ly/33iHzOM>
- October 20th: **Why Are Some People Mean?** from Cosmic Kids Yoga: <https://www.youtube.com/watch?v=b5LLfdhGekA>
- October 22nd: **Confidence Meditation for Kids** from GoZen!: https://youtu.be/pJwcC_Hfmcg
- October 23rd: **The Circle of Control**: Display a large circle for your students. As a class, brainstorm things/circumstances that are within our control (written inside the circle) and things/circumstances outside of our control (written outside of the circle). When finished, choose several things written outside of the circle and brainstorm ways students might cope with that circumstance. Some timely circumstances that are outside of our control are things like remote learning, not seeing our friends at school, and having a large amount of daily screentime.
- October 26th: **Growth Mindset for Students from Class Dojo**: <https://youtu.be/2zrtHt3bBmQ>