

September 2020 SEL Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Start a gratitude list or journal.	2 Watch and discuss <i>Perseverance for Students</i> (via ClassDojo)	3 Listen to and discuss <i>The Day You Begin</i> by Jacqueline Woodson (via Brightly Storytime)	4 Watch and practice <i>Body Scan Meditation</i> (via GoZen!)
7 Labor Day	8 Watch and discuss <i>Piloting Your Plane: Part 1</i> (via Emotional MUSE)	9 Teach your students <i>bumblebee breaths</i>	10 Students create and share a <i>Friend Wanted</i> ad that describes the qualities they look for in a friend	11 Listen to and discuss <i>Enemy Pie</i> by Derek Munson read aloud (via Storyline Online)
14 Teach your students and practice <i>4-7-8 Breathing Exercise</i> (via GoZen!)	15 Listen to and discuss <i>We Don't Eat Our Classmates</i> by Ryan Higgins (via Storytime at Awnie's House)	16 Have students write and share two or three hashtags that they would use to describe themselves	17 Have your child design and color an emoji that shows how he or she is feeling that day	18 Watch and discuss <i>You Can Learn Anything</i> (via Khan Academy)
21 Listen to and discuss <i>The Bad Seed</i> by Jory John read aloud (via Harper Kids)	22 Teach your child <i>wingspan breaths</i>	23 Have your students practice yoga doing all or part of the video, <i>Yoga for Kids</i> (via Storyhive)	24 Have students create and share a "Me Bag" where they put in a few objects (or pictures of objects) that have meaning to them	25 Have students decorate a superhero cape to show what their strengths are
28 Watch and complete the <i>Still Quiet Place</i> activity from GoZen!	29 Have a dance party to <i>Trolls: Can't Stop the Feeling</i> (via GoNoodle)	30 Have your student look over and read everything they wrote down in their gratitude journal or gratitude list		

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

Descriptions of Activities

- September 1st: **Gratitude Journals:** After you buy a car, have you ever suddenly noticed how EVERYONE drives the same car as you? How about when you're having a bad day and every single thing that day goes wrong? When you focus on a particular thing, it completely shifts your mindset. Use it to your advantage! By utilizing a gratitude journal or gratitude list with your students, it will help them begin to focus more on the positive. Make it fun! The journal doesn't have to be anything fancy. Have your students decorate the cover or the top of the list. Then take a few minutes every day to have the students write down some things he or she is grateful for or that went well that day.
- September 2nd: **Perseverance for Students (via ClassDojo):** <https://www.youtube.com/watch?v=IOaFwwLyTRo>
- September 3rd: **The Day You Begin by Jacqueline Woodson Read Aloud (via Brightly Storytime):** https://www.youtube.com/watch?v=-XUkWoRpeR4&feature=emb_title
- September 4th: **Body Scan Meditation from GoZen!** <https://youtu.be/aIC-lo44lv4>
- September 8th: **Piloting Your Plane: Part 1 (via Emotional MUSE):** <https://youtu.be/83RrM2ISNvQ>
- September 9th: **Bumble Bee Breaths:** Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears hum out your exhalation. The comforting resonance of this has a calming effect and doing it with your eyes closed can make it even more peaceful. Source: <http://www.cosmickids.com/read/five-fun-breathing-practices-for-kids/>
- September 11th: **Enemy Pie by Derek Munson Read Aloud (via Storyline Online and YouTube):** <https://www.storylineonline.net/books/enemy-pie/>
- September 14th: **4-7-8 Breathing Exercise (via GoZen!):** <https://youtu.be/UxbdX-SeOOo>
- September 15th: **We Don't Eat Our Classmates (via StoryTime at Awnie's House):** <https://youtu.be/Qwd4bpVeAVA>
- September 18th: **You Can Learn Anything Video from Khan Academy:** <https://www.youtube.com/watch?v=JC82II2cjqA>
- September 21st: **The Bad Seed by Jory John Read Aloud (via Storyline Online):** https://www.youtube.com/watch?v=uqsGoiz-ufg&t=11s&disable_polymer=true
- September 22nd: **Wingspan Breaths:** Have your child stand with his or her feet slightly apart. As the child slowly breathes in, have them slowly outstretch his or her arms and raise them towards the sky. Repeat several times.
- September 23rd: **Yoga for Kids (via Storyhive):** <https://youtu.be/X655B4ISakg>
- September 25th: **Superhero Cape Template:** <https://bit.ly/3ipjmvE>
- September 28th: **Still Quiet Place** from GoZen!: <https://www.youtube.com/watch?v=GIJn5XhqPN8>
- September 29th: **Can't Stop the Feeling** (via GoNoodle): <https://www.youtube.com/watch?v=KhfkYzUwYFk>