

Social Emotional Health

Choice Board

Pick 2 a day!

Monday

Tuesday

Wednesday

Thursday

Friday

Create a special journal for your thoughts. Find somewhere quiet to write about how you're feeling today.	Draw a picture of yourself. Surround it with positive words and strengths about yourself.	Write a letter of gratitude to someone at school (a friend, teacher or staff member).	Teach someone at home a strategy for staying positive and persevering through challenges.	Alone Time! Find a quiet place to create a drawing or painting using various coloring tools.
Deep Belly Breathing! Place one hand on your belly and one hand on your heart. Inhale deeply several times.	Create a sidewalk chalk masterpiece using your favorite colors and designs.	Perform 2 acts of kindness for someone today. Reflect on how it made you feel.	YOGA! Online: Cosmickids.com OR just do some slow stretching for 15 minutes.	Sensory Play! Explore with cotton, feathers, sand, play-doh or shaving cream.
Alone Time! Find a quiet place at home to read or write creatively.	Doodles! Online: "Lunch Doodles" Create some drawings with Mo Willems.	Try origami! The ancient art of folding paper into whimsical shapes can be relaxing!	Exploration! Use popsicle sticks, buttons, pipe cleaner etc. to create something original!	Mindfulness! Online: aloyoga.com Alo Gives Mindfulness Videos
Movement! Online: Follow along with GoNoodle FLOW videos	Draw a picture of yourself displaying a growth mindset. Explain your drawing to someone at home.	Baking Therapy! Online: kidsacookin.org Try an easy recipe with an adult.	Game Time! Play Jenga! Every time you get a block out successfully, do 3 jumping jacks!	Make a thank you card for someone in your family who has done something kind for you.

Social Wellness Lesson Plans

Ellyssa Kroski



Social Wellness Lesson Plans:

Lesson Planning for Skills-Based Health Education Benes, Sarah, Alperin, Holly, 2019 Lesson Planning for Skills Based Health Education offers 64 field tested lesson plans learning activities and assessments for implementing a skills based approach in your class The curriculum is flexible and adaptable and it addresses all the skills in the National Health Education Standards

Lesson Planning for Skills-Based Elementary Health Education Holly Alperin, Sarah Benes, 2021 Over 180 field tested lesson plans learning activities and assessments for implementing a skills based approach in your class This resource is aligned with the National Health Education Standards and comes with a web resource that includes English and Spanish versions of the book s reproducible forms

Lesson Planning for High School Physical Education MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie, 2018 Lesson Planning for High School Physical Education offers more than 240 lesson plans that are standards based and ready to use These innovative plans are great for fostering physical literacy in your students The book also provides guidance on how to plan effective lessons that align with SHAPE America s National Standards and Grade Level Outcomes for K 12 Physical Education

Nursing for Wellness in Older Adults Carol A. Miller, 2009 Now in its Fifth Edition this text provides a comprehensive and wellness oriented approach to the theory and practice of gerontologic nursing Organized around the author s unique functional consequences theory of gerontologic nursing the book explores normal age related changes and risk factors that often interfere with optimal health and functioning to effectively identify and teach health promotion interventions The author provides research based background information and a variety of practical assessment and intervention strategies for use in every clinical setting Highlights of this edition include expanded coverage of evidence based practice more first person stories new chapters and clinical tools such as assessment tools recommended by the Hartford Institute of Geriatric Nursing

Integrating Pop Culture into the Academic Library Melissa Edmiston Johnson, Thomas C. Weeks, Jennifer Putnam Davis, 2022-07-26 From Library Journal A comprehensive book providing information on the rationale for connecting pop culture to library services and offering a range of projects to get students into the library Integrating Pop Culture into the Academic Library explores how popular culture is used in academic libraries for collections instruction and programming This book describes the foundational basis for using popular culture and discusses how it ignites conversations between librarians and students making not only the information relatable but the library staff as well The use of popular culture in the library setting acknowledges the importance of students interests and how these interests can be used to understand their information needs in unique and interesting ways By integrating popular culture into library collections instruction and programming librarians present research and discovery in ways that connect with students and the broader community This book demonstrates that academic libraries using popular culture find it to be an effective tool both for instruction and programming The editors are librarians who utilize popular culture in various ways to provide instruction and reinforce

information literacy concepts in their own practice Readers will find chapters written by a variety of authors from different types of academic libraries including community colleges comprehensive universities research universities and law schools These unique perspectives offer readers different ways of thinking about how librarians can incorporate students interests in popular culture to promote the mission of the library In addition to well known examples such as Hamilton The Musical Pok mon Harry Potter Black Panther and Barbie readers will also encounter lesser known library applications of popular culture including cartoneras zines fantasy maps gaming collectives and paranormal walking tours All of these examples highlight the multiple way libraries leverage popular culture to expand their reach and identity with students and the community at large

Physical Activity Instruction of Older Adults, 2E Rose, Debra J.,2019 Physical Activity Instruction of Older Adults Second Edition is the most comprehensive text available for current and future fitness professionals who want to design and implement effective safe and fun physical activity programs for older adults with diverse functional capabilities

Elementary School Wellness Education with HKPropel Access Matthew Cummiskey,Frances Cleland Donnelly,2022-08-11 Learn how to fuse health education and physical education into one class Includes 37 lesson plans tied to national health and PE standards Comes with more than 70 lesson plan handouts and a test package presentation package and instructor guide *The Well-Rounded Math Student* Sherri Martinie,Jessica Lane,Janet Stramel,Jolene Goodheart Peterson,Julie Thiele,2025-05-26 Integrate a holistic approach to mathematics success with essential personal and social skills Teaching math is more than just numbers It s about shaping future ready students who are not only academically strong but thrive socially and emotionally Research shows that learning both intrapersonal and interpersonal skills helps students academically and teachers play a crucial role in providing social emotional support The Well Rounded Math Student helps mathematics teachers in Grades K 12 foster both their students academic prowess and their social and emotional development Through the lens of the Standards for Mathematical Practice the book emphasizes the importance of intentionally teaching and promoting intrapersonal and interpersonal skills or Next Generation skills alongside mathematical concepts The authors provide step by step guidance on how small adjustments in lesson planning can have a profound impact on students growth Providing teachers with a new lens to leverage in their planning as well as concrete ways to use their mathematics lessons to explicitly teach and reinforce social and emotional competencies this book Holds a strengths based mindset and approach for both teachers and students Highlights the importance of the science and the art of teaching to enhance social development human connection classroom management and community within classrooms Stresses that the overarching goal of education is to help students become responsible adults who are ready for their future Includes a lesson planning guide competency builder activities vignettes of enhanced lessons across grade bands reflection questions and suggestions for taking action The Well Rounded Math Student bridges critical intrapersonal and interpersonal elements to help educators create an environment where students excel in math and develop the life skills they ll carry forever

Advocating Digital Citizenship Carrie Rogers-Whitehead, Amy O. Milstead, Lindi Farris-Hill, 2022-08-26 In this down to earth guide educators will learn successful strategies for embedding digital citizenship into their library and school instruction Digital citizenship the ethical and responsible use of technology is more important than ever for 21st century learners and families all of whom are spending increasingly long hours behind screens Because libraries and schools are often the mediators between technology and individuals educators must know what digital citizenship is and how they can understand program and promote it In *Advocating Digital Citizenship* readers will learn from a public librarian and two current school librarians a wealth of real life easy to follow strategies to make libraries healthy equitable and safe digital spaces for everyone Covering complex but important topics like digital law digital etiquette and media literacy the authors help librarians and teachers establish a curriculum write programming and collaborate with colleagues to achieve buy in at all levels Educators will benefit from a chapter dedicated to lesson plans and a practical appendix includes digital citizenship program outlines policy and procedure documents and conversation prompts around technology to share with families In our current climate which requires so many new digital experiences for people of all ages digital citizenship instruction is timely and essential

The Big Sourcebook of Free and Low-Cost Library Programming Ellyssa Kroski, 2024-03-11 There s no need to spend hours trying to come up with creative programming ideas bestselling library activity guru Kroski has already done all the hard work for you Largely drawn from contributions by library workers across the country this e book is a cornucopia of ready to go activities easily accessible resources and adaptable tools for inspiring countless fun and engaging programs at your library Best of all these exciting low cost no cost library programs can be implemented using only free resources Offering a broad selection of ideas for adults tweens and younger children that can be tailored to a variety of contexts inside this sourcebook you ll discover seniors and older adult programming resources on such topics as genealogy financial literacy lifelong learning gardening and health and wellness career ESL literacy and just for fun programs and book clubs perfect for adults young adult programming resources such as the Book to Action toolkit YALSA s Teen Programming Guidelines literacy and educational resources computers and coding activities live action roleplaying games LARPS and many more free resources to teach financial responsibility to toddlers lesson plans from NASA resources to host an Earth Day event incorporating a free trees for kids program StoryWalks and more ideas for children makerspace STEM and art programming resources Pinterest boards idea lists writing prompts coloring pages free books and passive programming downloadables and printables information about more than two dozen grant opportunities for funding programs and planning templates marketing tips assessment resources and tools for brainstorming and productivity

Skills-Based Health Education Mary Connolly, 2018-08-21 The Second Edition of *Skills Based Health Education* provides pre service and practicing teachers with the pedagogical foundation and tools to develop a comprehensive PreK 12 health education program using the National Health Education Standards It takes each standard by grade span provides scenarios based on research to explain the skill

and then provides a step by step approach to planning assessment and instruction Early chapters connect skills based health education to coordinated school health and the national initiatives of the Centers for Disease Control and Prevention Healthy People 2020 The Whole Child and 21st Century Skills The remaining chapters provide guidance to plan implement and assess performance tasks Readers are shown how to establish student needs select content and skill performance indicators to meet those needs and plan and implement assessment and instructions *Community Nutrition* Nweze Nnakwe,2012-02-29

Thoroughly revised and updated *Community Nutrition Planning Health Promotion and Disease Prevention Second Edition* uses real world examples to reinforce core nutrition concepts and explores the current and emerging nutrition issues faced by today s diverse communities It presents the skills cultural concepts and background knowledge that are essential for promoting health and preventing disease *Resources in Education* ,2001 *Developing Occupation-Centered Programs With the Community* Linda Fazio,2024-06-01 The updated Third Edition of *Developing Occupation Centered Programs With the Community* continues to provide an excellent step by step workbook approach to designing and implementing a program for the community Inside *Developing Occupation Centered Programs With the Community Third Edition* Dr Linda Fazio includes the importance of community asset identification and development toward sustainability The Third Edition includes new and updated content on evidence based practice program evaluation at multiple levels funding nonprofits and social entrepreneurship Additionally new trending issues of interest to programmers include human trafficking post combat programming for military veterans and their families arts based programming for all ages and programming to meet current needs of the well elderly Features of the Third Edition Workbook format offers the instructor and the student options for how to use the text in a classroom or independently in an internship or residency The order of the programming process chapter content order summaries and format of exercises has been retained to ease transition for instructors using previous editions of the text The program story section has been retained along with author s notes on what is currently happening with these programs and other related topic areas New content has been added in program sustainability the assessment and building of community assets and consensus organizing in communities More developed content is offered about the structure and function of nonprofit organizations as well as the role and function of the social entrepreneur who does programming for these organizations Included with the text are online supplemental materials for faculty use in the classroom *Developing Occupation Centered Programs With the Community Third Edition* is an excellent introductory tool and is a valuable resource for occupational therapy students at all levels as well as experienced practitioners in a clinical setting **Teaching**

Mindfulness Skills to Kids and Teens Christopher Willard,Amy Saltzman,2015-10-07 Packed with creative effective ideas for bringing mindfulness into the classroom child therapy office or community this book features sample lesson plans and scripts case studies vignettes and more Leading experts describe how to harness the unique benefits of present focused awareness for preschoolers school age kids and teens including at risk youth and those with special needs Strategies for

overcoming common obstacles and engaging kids with different learning styles are explored Chapters also share ways to incorporate mindfulness into a broad range of children s activities such as movement sports music games writing and art Giving clinicians and educators practices they can use immediately the book includes clear explanations of relevant research findings

The Oxford Handbook of Prevention in Counseling Psychology Elizabeth Vera,2012-10-18 The Oxford Handbook of Prevention in Counseling Psychology presents a lifespan approach to prevention that emphasizes strengths of individuals and communities integrates multicultural and social justice perspectives and includes best practices in the prevention of a variety of psychological problems in particular populations

Designing and Teaching Fitness Education Courses Jayne Debra Greenberg,Nichole D. Calkins,Lisa S. Spinosa,2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher s blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment

Handbook of Positive Behavior Support Timothy J. Lewis,Brandi Simonsen,Kent McIntosh,Heather Peshak George,2025-09-26 This Second Edition of the handbook reflects the expanding growth and sophistication in research on positive behavior support PBS It synthesizes a large body of related research and is organized around school district and statewide multitiered systems of support logic that is widely prevalent in the field The handbook organizes chapters into a powerful dynamic knowledge base that covers theory research and applications In addition it offers a set of foundational chapters as well as addresses future directions in research and practice Key areas of coverage include Foundations and essential features of PBS Implementation of PBS across K 12 educational settings Program implementation e g early childhood and alternative settings Capacity building using PBS The Handbook of Positive Behavior Support Second Edition a must have resource for researchers professors and graduate students as well as clinicians therapists and other professionals and practitioners in developmental clinical child and school psychology social work public health child and adolescent psychiatry family studies pediatrics and all related disciplines

The Dimensions of Physical Education - BOOK ONLY Lori Ciccomascolo,Eileen Sullivan,2013 The Dimensions of Physical Education is an all in one reader that addresses important issues in physical health and sport education The text assists students in learning the designated content by providing reader friendly scholarly articles and letters that discuss the real issues in the field Instructors are encouraged to use the articles to challenge students to think about how all of the dimensions of physical and health education connect to each other The format of the text allows instructors to select and teach the content of the chapters in any order that meets the needs of their students and courses Topics Covered include The significance of physical education Effective teaching methods Means of motivating students Character education Assessment measurements Technology Gender issues diversity Professional development Service learning Adapted PE

Cultivating Kindness John-Tyler Binfet,2022-08-03 Cultivating Kindness sheds light on just how children and adolescents are kind especially in school Grounded in psychological and educational research on kindness

and supported with illustrations capturing the voices of public school students this book enhances our understanding of kindness Written with educators in mind Cultivating Kindness draws from surveys and interviews with more than three thousand children and adolescents Author John Tyler Binfet shares perspectives on kindness from the very individuals we hope will embrace kindness Interwoven among examples from students are findings from peer reviewed studies on topics exploring the role of joy and stress contagions on fostering or thwarting kindness the concept of kind discipline and how to measure kindness in school This book also includes a kindness checklist to guide educators wishing to implement and foster kindness in their classrooms or schools In addition to practical scenarios challenging the reader to respond kindly a repository of kindness resources to support the continued kindness education of readers is also included

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