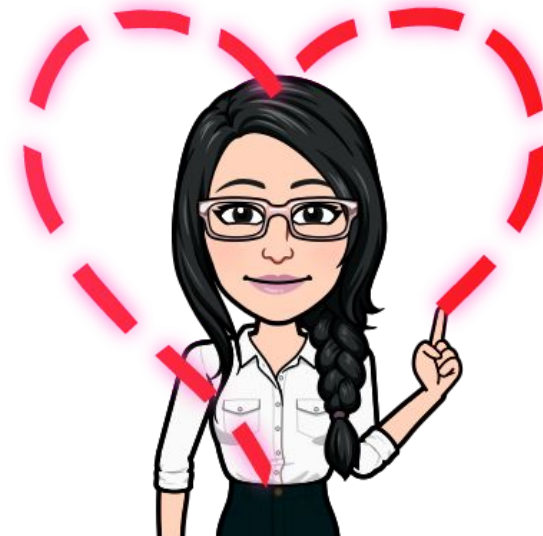


[Student]

SEL Integration

Example Lessons/Activities



CALMING CORNER

Click around the room to help reset your brain and get focused for learning.

Mindful Morning ☀️

- 1 Name one thing you are looking forward to today. ★
- 2 Say two positive self-talk statements to yourself. 💬
- 3 List three things you are grateful for. ❤️
- 4 List four things you can see or notice around you. 👁️
- 5 Slowly take five deep breaths. 🌬️

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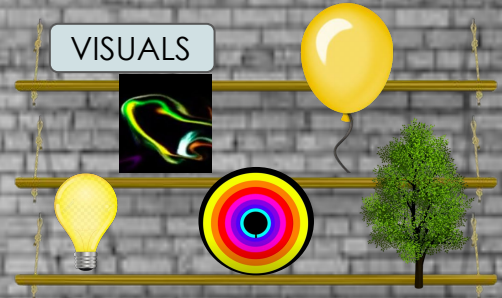
FOCUS



POWER

MOVEMENT

VISUALS



ACTIVITIES

A wooden table with a stack of books, a paint palette, and a small box. A bucket of colorful geometric shapes sits on the floor next to it.

BREATHING

A white shelving unit with six compartments containing: a rainbow, a colorful bubble, a purple jar, ice cubes, a colorful flower, and a geometric wireframe.

Created By: Mary Phillips
Adapted from: Katelyn Lockhart
katelyn_lockhart@nobl.k12.in.us

Today I feel...

1



angry

2



glum

3



meh

4



happy

5



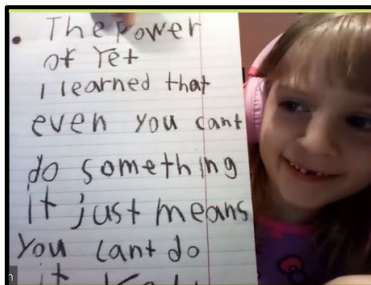
thrilled

because...

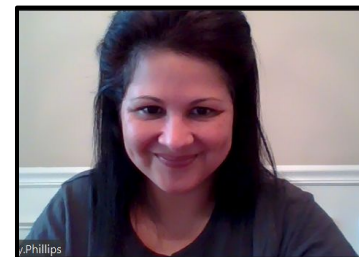
The Power of Yet

"I learned that even though you can't do something, it just means you can't do it YET!"

-Edith (age 6)



• The Power of Yet
I learned that even you can't do something it just means you can't do it



Personal Connection:

I can't go to the beach... YET!

Action Goal:

I have to wait for the virus to go away.

Personal Connection:

I can't run a half marathon... YET!

Action Goal:

I have to continue to increase my stamina.

Edith's Growth Mindset Chart

Instead of thinking this...	I'll tell my brain to think this...
This is too hard!	If you do this you'll get better and you'll know what to do next time!
I want to quit.	Nope, you're not quitting because I'm going to keep trying anyway!
I'm not good at this.	Your brain is a muscle so you can get better at this!
This takes too long because me and mommy have been working on this for HOURS!	You're not the boss of me. I'm in charge and I can do hard things!
I wish I never had to do this in the first place!	If I do this, I'll get stronger!

A Little Scribble Spot



Edith's Scribble Spot

Edith's Colors of Emotions

- Not Sure
- Tired
- Not Wanting to Do Something
- Angry
- Adventurous
- Sad
- Happy
- Ready to Do Everything

Optimism vs. Pessimism



Antonyms: Words that mean the **opposite** of each other

The Important Thing About Growth Mindset

The important thing about growth mindset is that Mojo can grow his brain.

When Mojo has a hard time in school he gets frustrated. Instead, he could do bunny breathing and then try again.

When Mojo does math, he tells himself that it's too hard. Instead, he could tell his brain that he can do hard things.

But the important thing about growth mindset is that Mojo can grow his brain.

A summary slide of what [Student] learned about Growth Mindset from the video (and last week's writing activity).

Parents' Reflections on Growth Mindset

*Using Flipgrid