

Monday	Tuesday	Wednesday	Thursday	Friday
SEL				
Watch Video on Growth Mindset: http://www.viewpure.com/2zrtHt3bBmQ?start=0&end=0	Watch Video on Self-Management: https://kaltura.collierschools.com/tiny/yk5fj	Watch Video on Emotion Regulation: https://kaltura.collierschools.com/tiny/sxphy	Watch Part 2 of Emotion Regulation Video: https://kaltura.collierschools.com/tiny/m19k2	Watch Video on Solving Problems: https://kaltura.collierschools.com/tiny/s7rs1
K-5 Activity: Did you know that your brain is like a muscle and the more you exercise it, the smarter you get? Discuss with a family member one of your areas of difficulty and what exercises you can do to make it a strength	K-5 Activity: Explain to an adult what makes you feel angry or stressed. Explain what helps you calm down.	K-5 Activity Draw a picture and write one sentence or more about a time you lost control of your emotions.	K-5 Activity: Tell an adult about a time you lost control and explain one way or more you can control your emotions.	K-5 Activity: Brainstorm some other ways Hunter and Eve could solve their problem and draw a picture showing the solution.