

Monday	Tuesday	Wednesday	Thursday	Friday
SEL				
<p>Watch Video on Growth-Mindset:  <a href="http://www.viewpure.com/MSpRatFEb4?start=0&amp;end=0">http://www.viewpure.com/MSpRatFEb4?start=0&amp;end=0</a></p>	<p>Watch Video on Self-Management:  <a href="https://kaltura.collierschools.com/tiny/n3ti7">https://kaltura.collierschools.com/tiny/n3ti7</a></p>	<p>Watch Video on Emotion Regulation:  <a href="https://kaltura.collierschools.com/tiny/bje90">https://kaltura.collierschools.com/tiny/bje90</a></p>	<p>Watch Part 2 of Emotion Regulation (part 2) Video:  <a href="https://kaltura.collierschools.com/tiny/th04w">https://kaltura.collierschools.com/tiny/th04w</a></p>	<p>Watch Video on Responsible Decision Making:  <a href="https://kaltura.collierschools.com/tiny/4tnpg">https://kaltura.collierschools.com/tiny/4tnpg</a></p>
<p>6-12 Activity  Discuss with a family member how you approach learning – do you believe you have a fixed or growth mindset? How can you expand your abilities to meet challenges?</p>	<p>6-12 Activity:  Learning the strategies to deal with our stress can help us learn to manage it better over time. You just learned of a few ways to better manage stress. Have a discussion with a family member about ways you manage your stress.</p>	<p>6-12 Activity  This video taught you four strategies for improving self-control. Write a paragraph or more about how you can implement these strategies to build better relationships and be successful in school.</p>	<p>6-12 Activity:  One of the keys to maintaining our emotions is to be self-aware. By understanding how our bodies respond to emotional changes and what are some of our triggers, we can better work on what it is that helps us maintain emotional balance. Draw a picture or write a poem depicting ways you can control and express your emotions appropriately.</p>	<p>6-12 Activity:  Learning to use the steps for good decision-making skills will give all of us an advantage towards making better choices, especially when faced with tough decisions. Have a conversation with an adult about a tough decision you are faced with and brainstorm some possible solutions</p>