

**Washoe County School District
Distance Education Learning Plan
High School Calendar May 11 to May 29**

Social & Emotional Learning (SEL) Signature Practices:

The SEL Signature Practices are calming and centering; they help focus your brain and can provide structure for your academic day. Write your openers and closers in a journal to understand more about yourself and to strengthen ownership of your learning.

- Optimistic Opener: Warm up your brain! This helps you connect with those around you and/or the work ahead.
- Brain Breaks: Water breaks for your brain! Take them when you're feeling tired or losing focus. Changing the learning activity or environment allows your brain's chemicals to replenish. Taking a few moments to reflect or move helps you feel refreshed so you can refocus and learn.
**Reminder: Choose a breathing exercise in place of physical movement when needed.*
- Reflective Closer: Cool-down your brain! As your day is winding down, these can help end your day in an intentional way. They remind you that your learning has been meaningful and will continue.

Monday, May 11 – Friday, May 15 – Theme: Determination

<p>Monday, May 11</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 15</p>	<p>Optimistic Opener: Determination is a quality that helps you continue trying to do or achieve something that is difficult. Determination guides you to work through challenges and set goals. The opposite means doubtful, uncertain and half-hearted.</p> <p>Make a <i>dream list</i>. List ANYTHING you can think of that you would like to have, see, do, create; where you would like to travel, how much money you would like to have/make, where you would like to live, what kind of person you would like to be, relationships, kids, anything else--dream without limits!</p> <p>Brain Break: Humdinger: Hum your favorite tune! Move while you hum. OR Pretend you are a character from your favorite book or show and act out a scene.</p> <p>Reflective Closer: Re-visit your dream list. Next to EACH, estimate a timeframe when you expect you could have, see, experience or do what's on your list. Or write a date/year of when you would <i>like</i> to have each of these. A week? A month? 6 months? 1 year? 5 years? 10 years? 2030?</p>
<p>Tuesday, May 12</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 15</p>	<p>Optimistic Opener: Now revisit your dream lists and timeframes. Place a * next to 3-5 dreams that generate the MOST <i>passion</i> and <i>drive</i> for 2020. Circle the ONE starred dream that is your favorite. On a fresh line, write that dream again. Next to it, list ALL the reasons WHY you are determined to see this through. Why/how is it good for you? Why do you want it? Why do you value this? How do you benefit from it? The more reasons you list the better!</p> <p>Brain Break: 5,4,3,2,1- roll your head in a circle 5 times each way, take 4 deep breaths, clench your hands 3 times, take 2 deep breaths, hug yourself once and take one deep breath. (Repeat as many times as needed)</p> <p>Reflective Closer: Back to your dream list! Complete the following sentences: This is a positive dream because _____. I will know when I reach this dream by _____. This dream is good for me because _____. When it comes to fulfilling this dream, I am in control of _____, _____ and _____.</p>

<p>Wednesday, May 13</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 16</p>	<p>Optimistic Opener: <i>Think</i> about a time when you were younger that you were determined to achieve something...and you did! How did you make that happen? List each of the steps you took to succeed, even the small ones.</p> <p>Brain Break: Body Alphabet: Form letters of the alphabet from A to Z using your body. Challenge: pretend the alphabet is backwards. Can you perform your body alphabet in reverse Z to A?</p> <p>Reflective Closer: Finding resources can take determination. After you review your dream notes, list as many people from your life, school, job, neighborhood, and community that could help you. Who can provide you with tools, encouragement, resources, skills, etc., to make this dream come true?</p>
<p>Thursday, May 14</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 16</p>	<p>Optimistic Opener: Stick with it! Remember, this dream matters to you. You identified resources, now it's time to prepare your mindset. How might this require you to shift your thinking? List kinds of character traits, skills, attitudes, and beliefs you already have or need to have in order to access your resources.</p> <p>Brain Break: Balloon Breathing (see previous packet)</p> <p>Reflective Closer: As you continue to reflect on your dream, list any potential roadblocks that might be in front of you or challenges you could encounter. What might make these steps difficult? What have you learned from previous challenges? What else is going on in your life that is important?</p>
<p>Friday, May 15</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 17</p>	<p>Optimistic Opener: Roll up your sleeves, find a comfortable space, take a deep breath and let's map out a plan for your dream! Write down your outcome/dream at the top and then work your way backwards. List one small step you can take at a time—what action step comes right before the dream? Work all the way back to <i>tomorrow</i> or even today.</p> <p>Brain Break: Drain Breathing (see previous packet)</p> <p>Reflective Closer: People are muscles, when stretched they grow! As you prepare to take your first step toward your dream, write how your determination helps give you the strength to see your dream(s) come true.</p>

Monday, May 18 – Friday, May 22 – Theme: Emotions

<p>Monday, May 18</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 17</p>	<p>Optimistic Opener: Emotions are your responses to the world around you. Some emotions include joy, happiness, surprise, sadness, fear, and anger. Naming emotions helps you understand and respond to them. Being able to understand your emotions helps you practice self-awareness.</p> <p>Describe reasons why we <i>need</i> emotions. What purpose do they serve for others? For you?</p> <p>Brain Break: Sing, write or play a song that gives you joy. Walk around the room as you listen to it or sing it.</p> <p>Reflective Closer: Reflect upon what you have been doing throughout the day and write about one or two of the emotions you experienced along the way. How did those emotions affect you? How did those emotions affect others?</p>
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<p>Tuesday, May 19</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 18</p>	<p>Optimistic Opener: Releasing positive emotions helps you overcome feelings of anger, fear or stress. It motivates you to seek positive experiences, and even has health benefits. List some activities that help <i>you</i> to release positive emotions.</p> <p>Brain Break: Pretzel Breathing (see previous packet)</p> <p>Reflective Closer: Think about your distance learning today—write about how you used your emotions to positively guide you through this day, or how you <i>could have used</i> your emotions to reframe a situation in a positive way. Did you use any suggestions you listed in today’s opener?</p>
<p>Wednesday, May 20</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 18</p>	<p>Optimistic Opener: "If you don't manage your emotions then your emotions will manage you." What do you think the author of this statement meant, and what does it mean to you?</p> <p>Brain Break: Try to say this as quickly as you can: A tutor who tooted a flute, tried to tutor two tooters to toot. Said the two to their tutor, "Is it harder to toot or to tutor two tooters to toot?"</p> <p>Reflective Closer: Finish one or more of these action statements: If I experience anger, <i>then</i> I will _____. If I experience sadness, <i>then</i> I will _____. If I experience confusion, <i>then</i> I will _____.</p>
<p>Thursday, May 21</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 19</p>	<p>Optimistic Opener: Do you like surprises? What makes them positive and/or negative? Describe a time when you were surprised—what was that like?</p> <p>Brain Break: Snap Wink: Wink your left eye and snap your right hand at the same time. Then wink your right eye and snap your left hand at the same time. Switch back and forth as fast as you can.</p> <p>Reflective Closer: Positive surprises release a chemical called dopamine into our brains which helps us to focus our attention and to look at things from a new perspective. Create a plan to surprise someone in your life with a small, unexpected gift or act of kindness. Imagine how they would feel.</p>
<p>Friday, May 22</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 19</p>	<p>Optimistic Opener: “Emotional intelligence is a way of recognizing, understanding and choosing how we think, feel and act...Research suggests it is responsible for as much as 80% of the “success” in our lives.” Angélica. “Emotional Expressions and Their Benefits.” <i>Exploring Your Mind</i>, Exploring Your Mind, 22 Mar. 2020, exploringyourmind.com/emotional-expressions-and-their-benefits/.</p> <p>Describe what you can do today to finish the week strong and to demonstrate an awareness of your emotions.</p> <p>Brain Break: Try saying this tongue twister quickly 3 times: “Give papa a cup of proper coffee in a copper coffee cup.”</p> <p>Reflective Closer: Were there times in your week that you noticed strong emotions? Did you experience times when perhaps they got the best of you? Were you able to reframe the situation, and if so how?</p>

Monday, May 25 – Friday, May 29 – Theme: Friendship

<p>Monday, May 25</p>	<p>Memorial Day Holiday! No school today. Learn more about the significance of Memorial Day at http://www.pbs.org/national-memorial-day-concert/memorial-day/history/ or https://www.history.com/topics/holidays/memorial-day-history</p>
<p>Tuesday, May 26</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 20</p>	<p>Optimistic Opener: <i>“Harvard study, almost 80 years old, has proved that embracing community helps us live longer and be happier.”</i></p> <p>What are the keys to true friendship? What values do friends share? What kinds of “unwritten rules” do friends have? Describe the characteristics of a friend as well as any strengths and weaknesses of true friendship.</p> <p>Brain Break: Cross the midline—Lift your arms up, cross your right arm to your left side, then cross your right arm to the left side. Bring your right knee across to your left elbow, then bring your left knee across to your right elbow.</p> <p>Reflective Closer: Write about a meaningful relationship you have or have had in your own life. What makes (made) it so special? Recall a specific situation that brought you joy.</p>
<p>Wednesday, May 27</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 20</p>	<p>Optimistic Opener: “Good relationships don’t just protect our bodies; they protect our brains.” Describe what this quote means to you.</p> <p>Brain Break: Try saying this tongue twister quickly 3 times: “She saw Sherry’s shoes on the sofa. But was she so sure she saw Sherry’s shoes on the sofa?”</p> <p>Reflective Closer: Compare the ways you connected with your friends when schools were open, and the ways you connect with your friends now.</p>
<p>Thursday, May 28</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson 21</p>	<p>Optimistic Opener: If you were granted three wishes to help a friend, what would you wish for and why?</p> <p>Brain Break: Stretch/Tension Release—With hands together or fingers interlaced above your head, reach up and take 3 deep breaths; inhale through your nose and exhale through your mouth.</p> <p>Reflective Closer: Empathy is the ability to understand the thoughts and feelings or emotions of others. Has a friend ever “walked a mile in your shoes” or tried to understand your feelings just to help you? Describe how it feels (or could feel) when a friend is willing to put themselves in your situation.</p>
<p>Friday, May 29</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson 21</p>	<p>Optimistic Opener: Write down the name of a song, book or movie title that reminds you of a friend. Describe why it reminds you of them, as well as the emotion(s) the song, book or movie brings to the surface.</p> <p>Brain Break: Look or walk outside. Locate 7 objects, one for each of the 7 colors of the rainbow; or identify 7 different sounds you hear.</p> <p>Reflective Closer: Take a moment to write/create a thank you note, letter, text, song, poem or piece of art which expresses how much you appreciate your friend. Share it with them if you can--mail it, text it or record it. How does it feel to thank a friend?</p>