

Washoe County School District Distance Education Learning Plan High School Calendar

For your academic assignments:

- Complete the content for the class you are enrolled in on the day assigned. Depending on your school schedule, you may not have all the class periods listed on this schedule. If you aren't enrolled in one of these course periods, you don't have anything to complete.
- Specialty electives and CTE are not included in this packet. There is a work log at the end of the packet to assist you in documenting your work through this period of distance learning. Your teacher will send instructions.

Social & Emotional Learning (SEL) Signature Practices:

- The SEL Signature Practices will help you structure and enrich your academic day at home. Write your openers and closers in a journal to practice self-awareness and self-regulation.
- Optimistic opener: Warm up your brain! - Start your academic day with this.
- Brain Break: A water break for your brain! Try this as you transition from one subject to the next.
- Reflective Closer: Cool-down your brain! End your day with this activity to practice reflection.

Monday, March 30 – Friday, April 3

<p>Mon-Tues March 30 & 31</p>	<p>Teacher Professional Development Day - Student attendance not required</p>
<p>Wednesday, April 1</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson One</p>	<p>Optimistic Opener: Write down 5 compliments or “feel good” statements you can give to 5 specific people today. Challenge: Share them!</p> <p>Brain Break: “Pretzel” breathing - here</p> <p>Reflective Closer: How did it make you feel after writing and giving the positive statements?</p>
<p>Thursday, April 2</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson One</p>	<p>Optimistic Opener: What does compassion mean to you? Write 3-5 ways a person can show compassion. (The OPPOSITE is hateful, unkind and hard.)</p> <p>Brain Break: 5-4-3-2-1: Stand up and do five jumping jacks, spin around four times, hop on one foot three times, walk all the way around the room two times, and touch your toes.</p> <p>Reflective Closer: Write down 1-3 negative thoughts that you had this past week. Now re-write them into positive thoughts. Why is it important to show yourself compassion?</p>

<p>Friday, April 3</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson Two</p>	<p>Optimistic Opener: Write a simple note or letter to someone. Tell them in your own way why they are special and important to you.</p> <p>Brain Break: “Mindful Awareness” Think about a pet or a person you love. What do you appreciate about them? While thinking about them, slowly breath in through your nose and exhale through your mouth. Repeat that 10 times.</p> <p>Reflective Closer: Reflection: How has compassion shaped your words, thoughts, or actions today?</p>
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Monday, April 6 – Friday, April 10



<p>Monday, April 6</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson Two</p>	<p>Optimistic Opener: Write how it feels to receive a gift. How do you feel when you give a gift?</p> <p>Brain Break: Dance Party! Put on your favorite music and dance for a song or two.</p> <p>Reflective Closer: Write about which is more powerful, the act of giving or receiving. Challenge: Make a simple gift for someone and give it to them.</p>
<p>Tuesday, April 7</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson Three</p>	<p>Optimistic Opener: <i>Courage is the willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty</i> (Martinez, 2015). Write about 1 person, real or imaginary, who demonstrates courage.</p> <p>Brain Break: “Star” Breathing - here</p> <p>Reflective Closer: Draw 3 images or paste 3 in your journal that show what courage looks like to you.</p>
<p>Wednesday, April 8</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson Three</p>	<p>Optimistic Opener: Exercise your courage! List a minimum of 3 new things that you want to try today, tomorrow or soon. Pick one and write the conditions, resources and support you need to make that happen.</p> <p>Brain Break: The Other Hand--Practice writing your name a few times with your non-dominant hand to help activate both sides of the brain.</p> <p>Reflective Closer: Reflection: What does it feel like to be courageous?</p>

<p>Thursday, April 9</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson Four</p>	<p>Optimistic Opener: Write the word GRATITUDE in your journal. Decorate the page with doodles that show acts of gratitude.</p> <p>Brain Break: Physical Challenge--Grab your nose with left hand, and grab your left earlobe with your right hand, and then quickly switch so that your right hand is on your nose and your left hand is grabbing your right earlobe. 10 times</p> <p>Reflective Closer: Identify 3 people for whom you are grateful. Explain why you are grateful for them.</p>
<p>Friday, April 10</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson Four</p>	<p>Optimistic Opener: Write a response to the following quote: "Gratitude is turning what you have into enough."</p> <p>Brain Break: Pick a color that makes you feel calm, safe and peaceful. Imagine you are surrounded by this color. Describe what you feel.</p> <p>Reflective Closer: Write down 3 things that you like about yourself. Explain why you are thankful for these characteristics.</p>

Monday, April 13 – Friday, April 17

<p>Monday, April 13</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson Five</p>	<p>Optimistic Opener: List items in nature that inspire you and/or create a sense of awe. Describe why they inspire you.</p> <p>Brain Break: Find a soft place on the floor and make "snow angels." Before getting up, take a moment to do some stretches. If you have no floor space, stand up and make "snow angels" in the air.</p> <p>Reflective Closer: Think of a song that reminds you of something inspiring in nature. Write down how the lyrics link to gratitude.</p>
<p>Tuesday, April 14</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson Five</p>	<p>Optimistic Opener: List 5-10 things that would make you feel excited about your future. Pick two and explain why they excite you.</p> <p>Brain Break: Chair Adventures-Sit on the edge of a chair and keep the back straight. Pick an adventure for some fun chair action: Hiking – swing arms and reach left and right while tapping toes and lifting knees; Swimming – move arms as if swimming forward and then try backwards strokes – kick legs for a flutter movement; Cycling – hold on to the seat or arms of chair and pedal legs as if riding a bike.</p> <p>Reflective Closer: Reflection: What are you most grateful for this week? Why? How does it feel to express gratitude for those things?</p>

<p>Wednesday, April 15</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson Six</p>	<p>Optimistic Opener: Write a response to the following quote: <i>“We can’t always choose what happens to us, but we can always choose how we respond.”</i></p> <p>Brain Break: “Drain” Breathing - here</p> <p>Reflective Closer: Write about something you completed today.</p>
<p>Thursday, April 16</p> <p>Back to school today!</p> <p>If not...</p> <p>Class periods: 4-5-6-7</p> <p>Complete: Lesson Six</p>	<p>Optimistic Opener: Write 3 positives about your day, 2 situations which require more of your own courage and 1 act of kindness or service you can give to someone today</p> <p>Brain Break: Try and rub your belly with your right hand while patting the top of your head with your left hand. Can you switch?</p> <p>Reflective Closer: Draw 3 images or paste 3 in your journal that show what happiness looks like to you.</p>
<p>Friday, April 17</p> <p>We should be back at school.</p> <p>If not...</p> <p>Class periods: 0-1-2-3-8</p> <p>Complete: Lesson Seven</p>	<p>Optimistic Opener: Write a simple note or letter to someone. Tell them in your own way why they are special and important to you.</p> <p>Brain Break: “Balloon” Breathing – see below</p> <p>Reflective Closer: TGIF – Write something you are <i>Thankful</i> for, something that makes you <i>Giggle</i>, something that is <i>Inspiring</i> you, and something you are having <i>Fun</i> doing.</p>

 <p>Drain</p> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.</p>	 <p>S.T.A.R.</p> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <p>Pretzel</p> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <p>Balloon</p> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbbppbpb” sound.</p>