

T=Teacher, P=Parent

# Happy Teacher/Parent SEL Challenge: April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1. <b>T/P:</b> Find a new call and response to use with your child/student.  <a href="https://betterlesson.com/browse/blend_video/1534/focusing-call-and-response">https://betterlesson.com/browse/blend_video/1534/focusing-call-and-response</a></p>	<p>2. <b>T/P:</b> Give a compliment to a student/your child. Say it somewhere other people might overhear.</p>	<p>3. <b>T/P:</b> Play some relaxing music while your students /child(ren) are working.</p>



## 6-12 Spring Break!!!



<p>13. <b>T/P:</b> We all need help with this or know someone who needs help with this. Kid President: How to disagree with people.  <a href="https://www.youtube.com/watch?v=dG5fkAgJmqc">https://www.youtube.com/watch?v=dG5fkAgJmqc</a></p>	<p>14. <b>T/P:</b> Play a team building game with your class.  <a href="https://www.momjunction.com/articles/team-building-activities-will-keep-kids-busy-summer_0074763/">https://www.momjunction.com/articles/team-building-activities-will-keep-kids-busy-summer_0074763/</a></p>	<p>15. <b>T/P:</b> Use this website to find a new way to get your day started with your students.  <a href="https://happyyouhappyfamily.com/happy-day-with-your-kids/">https://happyyouhappyfamily.com/happy-day-with-your-kids/</a></p>	<p>16. <b>T/P:</b> Take time with your students/family to discuss what you are grateful for.</p>	<p>17. <b>T/P:</b> Watch this video from SoulPancake with your students/child(ren)!  <a href="https://www.youtube.com/watch?v=P_u999RPYkQ">https://www.youtube.com/watch?v=P_u999RPYkQ</a></p>
<p>20. <b>T/P:</b> Clean up a small area in your home that has been getting a bit disorganized.</p>	<p>21. <b>T/P:</b> Stop. Breathe and remember you don't have to get everything right all the time.</p>	<p>22. <b>T/P:</b> Clean out a cabinet or drawer in your home that has become overwhelming.</p>	<p>23. <b>T/P:</b> Write a thank you note to a staff member/family member who helps make a smooth day for you and your students/child(ren).</p>	<p>24. <b>T/P:</b> Practice mindfulness as a class/family.  <a href="http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html">http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html</a></p>
<p>27. <b>T/P:</b> Commit to trying something new this week. This could be finding a new book to read, trying a new at home fitness workout, or finding a new restaurant that delivers.</p>	<p>28. <b>T/P:</b> Take time with your students/family to discuss what you are grateful for.</p>	<p>29. <b>T/P:</b> Take time to focus on some of the unexpected positive aspects of staying in/home.</p>	<p>30. <b>T/P:</b> Call a loved one and let him/her know why they are important to you.</p>	