



FOSTERING WELLBEING AND COMMUNITY






(Week 9: October 12-16, 2020)

Teaching and Learning Framework Standard 2: Classroom Environment
School Leadership Framework Standard 4: Culture of Learning and Positive Behavior

A sense of community in the school and classroom helps stakeholders feel valued and included. Strategic activities that leverage stakeholders' strengths and identities provide opportunities for individuals to learn more about each other, resulting in deeper levels of connection and a sense of belonging in a manner that is culturally and linguistically responsive.

A simple and fun way to approach community building is through thematic events and activities. (Elementary should be done daily, while Secondary should be done on a rotating schedule to ensure that all students are engaged in these activities. For example; History classes may engage in Mindful Mondays, Math classes may engage in Grati-Tuesday, and so on. This can be discussed and decided at a faculty meeting.)

This is a frame to support ongoing purposeful focus on wellbeing and a sense of community in schools and classrooms. Weekly lesson plans will be housed in the Resources Section in the Positive Behavior Interventions and Supports/Restorative Practices (PBIS/RP) Schoology group (access code ZV2B-2PCZ-BMJVX) and will continue to expand to create a sharing community. Please share any ideas, activities and/or resources by emailing them to: pbis_rp@lausd.net.

Mindful Monday 10-12	Grati-Tuesday 10-13	Wellness Wednesday 10-14	Thoughtful Thursday 10-15	Fun Friday 10-16
 <p>Mindfulness is the ability to be fully present in the moment. It can provide numerous benefits, from decreased stress and sadness to increased levels of focus and happiness, according to research. Mindfulness meditation practice is one way to truly experience the current moment and integrate that awareness into your everyday life.</p>	 <p>Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things we often take for granted, like having a place to live, food, clean water, friends, family, and even computer access.</p>	 <p>There are Eight Dimensions of Wellness: emotional, physical, social, occupational, spiritual, environmental, financial, and intellectual. Each dimension of wellness is interrelated and equally vital in the pursuit of optimum health. Understanding how to maintain and optimize each of the dimension can support an optimal level of overall wellness.</p>	 <p>Doing something for others is powerful for your wellbeing. In fact, when we give to others, our brain's pleasure and reward centers light up as if we were the receiver and not the giver! We also get a boost of feel-good endorphins and a hormone called oxytocin is released, which lowers our stress!</p>	 <p>Fun Friday is the opportunity to learn more about our students while building community and developing and strengthening relationships. Be creative and have fun!</p>



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Students				
Mindful Monday 10-12	Grati-Tuesday 10-13	Wellness Wednesday 10-14	Thoughtful Thursday 10-15	Fun Friday 10-16
<p align="center">Grounding Activity</p> <ul style="list-style-type: none"> Practicing mindfulness helps to ground us and puts us in a place of wellbeing. Try this 4 -7- 8 <i>Breath Relaxation Exercise</i>: <ul style="list-style-type: none"> Exhale completely through your mouth, making a whoosh sound. Close your mouth and inhale quietly through your nose to a mental count of 4. Hold your breath for a count of 7. Exhale completely through your mouth, making a whoosh sound to a count of 8. This is one breath. Now inhale again and repeat the cycle two more times 				
<p align="center"><u>Daily Check-In</u></p> <ul style="list-style-type: none"> Opportunity to check-in on everyone's wellbeing Maintain and establish positive rapport and relationships Support student engagement 				
Community Building & Wellbeing Activities				
<p align="center">Tree Pose</p> <p>Channel your inner Catalina Cherry Tree.</p> <ul style="list-style-type: none"> Start by standing with your feet, hip width apart. Stretch your arms out to either side, like branches. Breathe while gently twisting your body around one way and then the other, swaying your 'branches' from side to side in the wind. Then, take one foot a little way off the ground to balance on one foot. 	<p align="center">Gratitude Walks</p> <p>Teach students to leave nature for others to enjoy.</p> <ul style="list-style-type: none"> Gratitude walks connect mindfulness, promote dialogue, and a respect for nature. Image your favorite outdoor space. Invite students to draw or write about elements from their outdoor space that they are grateful for. Encourage students to go on a Gratitude Walk. 	<p align="center">Outdoor Symphony</p> <p>Bring the outside in by closing your eyes, and listening carefully.</p> <ul style="list-style-type: none"> What can you hear? Can you identify the sounds? Write, draw or recreate what you heard. 	<p align="center">Earth Love</p> <p>Dedicate a little time to be thoughtful of our environment, such as planting something, reusing an item you'd otherwise throw away, or taking a shorter shower.</p> <ul style="list-style-type: none"> Make a list of things you can do to show Mother Earth some love. Choose one action on your list and do it. 	<p align="center"><u>Catalina Virtual Fieldtrip</u></p> <p>Celebrate and enjoy outdoor spaces for self-care with this virtual fieldtrip.</p> <ul style="list-style-type: none"> Click on the hyperlinked title above
<p align="center"><u>Daily Check-Out</u></p> <ul style="list-style-type: none"> Opportunity to gauge how the individual/group's mood/energy has shifted Promote positive relationships Opportunity to end on a positive note 				



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ALL EDUCATORS AND STAFF				
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Parents/Guardians/Caregivers (Weekly Office Hours Community Building Prompt for Parents)

Check-In

- What are some ways you can use outdoor time to connect with loved ones and stay healthy?
- What are some ways you can conserve energy together within your home?

Check-Out

- Thank parents/guardians/caregivers for their support and time.
- Opportunity to end on a positive note

Additional Links for Information and Inspirational Ideas

Mindful Monday 10-12	Grati-Tuesday 10-13	Wellness Wednesday 10-14	Thoughtful Thursday 10-15	Fun Friday 10-16
Breathing Exercises	Kid Friendly Trails	Outdoor Sounds	Eco Friendly	Outdoor Education

The activities/resources above align with District/School adopted Social Emotional Curriculum (Second Step, Sanford Harmony, etc.).