

Enjoy our Healy “Brain Breaks”: SEL activities designed for Healy Families

Dear Healy Families,

For the past two years, Healy Elementary has been very fortunate to have built a strong partnership with *The Do Good Movement* organization. *The Do Good Movement* is a charitable organization focused on promoting social emotional learning utilizing various tools and techniques to help relieve stress and anxiety in and out of the classroom. Over the past few years the *Do Good Movement* has worked with our teachers and students to strengthen their minds and bodies through yoga movements, meditation, and mindful thinking.

The founder and our *Do Good* partner and friend, Erin Stevenson, has been working tirelessly on a daily mindfulness lesson for our students that would benefit them during this uncertain time of school closure. These activities (“Brain Breaks”) have been designed with our students in mind. Students (and even families) who engage in these activities regularly will be able to increase their levels of concentration at home, as well as continuing to build resilience and self-regulation kindness work that *Do Good* has started at Healy. Links to videos and attachments of the worksheets for students to do remotely will be emailed to families at the beginning of each week. These activities will also be on our Healy website located at www.Healy.cps.edu. Below are this week’s “Brain Breaks” with an outline of each day of the week.

Please note that these activities may also be shared by the teachers in their daily or weekly Remote Learning Plan. Enjoy the activities for this week, April 20th-24th. The whole family is encouraged to participate!

From Ms. Erin Stevenson
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Let's spread kindness and share the good!

Mantra/Mindful Monday: The beginning of the week will be used for self-check-in and setting a mantra or area of focus. This helps students, parents, faculty and staff to create something to come back to when we are feeling out of place or uncomfortable with where we are or who we are. What can you focus on and what will help you snap back to you?

- This weeks Mindful (Mantra) Monday video is
live: <https://www.youtube.com/watch?v=oKacSUMvU2I&t=52s>
- See the attached worksheet to reiterate the mantra at home.

Two for Tuesdays: Every Tuesday I will provide a link to two videos (adult and children) that students and staff can participate at home. This will help everyone get up and move as well as take a moment for the self reflection and release of stress.

- Children's Yoga: <https://www.youtube.com/watch?v=F3AmIIWbuZ4>
- Adult & Upper Grade
Classes: <https://www.youtube.com/watch?v=yAsbp2zowZg&t=107s>

Wednesday Wellness: Every Wednesday we will focus on specific areas of yoga for our overall wellness and self-control. Much of our time will be spent on yoga breath to help us come back to the present moment and reground ourselves.

- Wednesday Wellness
Video: <https://www.youtube.com/watch?v=qlyxqLF0sPo&t=34s>

Thoughtful Thursday: Prior to the new normal we had been working with my students at Healy Elementary on their Kindness Projects. The students choose to work with animals. We were beginning our event planning for a fundraiser to support a rescue called, [Second City Canine Rescue](#). Due to the changes, our fundraising events can't take place anymore. But I am hoping we can still help! Amazon much? How about A LOT lately? Well if you shop through the Amazon Smile program, part of the proceeds of your purchases can actually support Second City Canine Rescue! Shop at smile.amazon.com and 0.5% of eligible purchases go to your favorite charitable organization—no fees, no extra cost. It's that easy!!! Check out their donation page, <https://www.sccrescue.org/donate/>, for more information so more funds can go to a great cause.

Feel Good Friday: Fridays we want to co-CELEBRATE with you something good! What was the best part of the week or best part of the day? Let's celebrate and share. Send messages, pictures or videos of what your #feelgoodfriday moment was and find it highlighted at www.thedogoodmovement.com or on social media. Let's spread kindness and share the good! Email erin at erin.stevenson@thedogoodmovement.com

