

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](http://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 27<sup>th</sup>-May 1<sup>st</sup>. The whole family is encouraged to participate!

---

From Ms. Erin Stevenson  
[erin.stevenson@thedogoodmovement.com](mailto:erin.stevenson@thedogoodmovement.com)  
Let's spread kindness and share the good!

*Mantra/Mindful Monday:* The beginning of the week will be used for self-checkin 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 week's Mindful (Mantra) Monday video is about being strong, smart and kind. View it here: <https://youtu.be/5D1oC219BDU>

See the attached worksheet to reiterate the mantra at home.

Two for Tuesdays: This week's classes are focused on slowing down and being gentle to the body. For our children's yoga class this week you'll need the use of a chair. The Adult or upper grades is slow and gentle to the body.

Children's Yoga: <https://www.youtube.com/watch?v=MU0UXYPm1ck&t=60s>

Adult & Upper Grade Classes:

[https://www.youtube.com/watch?v=L8eyY\\_0oId0&t=175s](https://www.youtube.com/watch?v=L8eyY_0oId0&t=175s)

Wellness Wednesday: Every Wednesday we will focus on specific areas of yoga for our overall wellness and self-control. Today's class is again focused on the use of breath for self-control.

Wednesday Wellness Video focused on 5-finger-breathing:

<https://www.youtube.com/watch?v=flqzydBGzmc&t=17s>

Thoughtful Thursday: In the fall you helped the Do Good Movement and your school collect candy for a local organization, Operation Gratitude. With your help and along with other partnering schools, we were able to donate over 200 lbs of Halloween Candy to the troops currently serving both in our country and overseas. Even during this time the troops are still working hard to protect us and our country. Operation Gratitude needs help again to thank our first responders currently helping during the Epidemic. You can write letters to them by providing information on their website here: <https://www.operationgratitude.com/express-your-thanks-virtual/write-letters-virtual/> . See the attached letter writing 101 information to First Responders.

Feel Good Friday: What is your feel good Friday moment? Take a moment to reflect on the things that were the best of the week and write them down. Use the

attached worksheet to track and keep record for you to come back to when this moment of time is far in the past.