

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, June 1 – June 5. 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: This week’s Mindful (Mantra) Monday video is about goal setting. Believing that you are capable to accomplish whatever you choose and that there is more than one way of making it happen. Checkout our Mantra Monday video here: <https://youtu.be/16rqRPrIltk>

Two for Tuesdays: This week's yoga classes are about finding the strength to push through to achieve our goals while learning how to fly to reach them. Enjoy our Adult & Upper Grade yoga that's all about core strength. Our Children's Yoga this week is focused on yoga poses that make you feel as if you can fly.

Children's Yoga: <https://youtu.be/pfkiHT6trZA>

Adult & Upper Grade Classes: <https://youtu.be/9RjBoNZVF14>

Wellness Wednesday: This week we focus on goal setting. Use our SMART goal setting to help you achieve a goal that you are PASSIONATE about this summer.

Wednesday Wellness Video focused on SMART goal setting:

<https://youtu.be/4pxmOq4yiUM>

Use our SMART Goal Setting Worksheet to put together your goal for the summer.

Thoughtful Thursday: Continuing our work on goal setting, I want you to take time to reflect on some goals that you have already accomplished in your life. Maybe it was riding your bike without training wheels for the first time. Or perhaps it was getting to the next level in Fortnite. Whatever goal you set out for yourself, was there someone else who helped you achieve it? Was there someone there helping to guide you, motivate you or just simply say that you are doing a good job or that they are proud of you? Who can you thank for helping you reach your goals? Send them a letter, email, text or give them a call to say thank you today.

Feel Good Friday: You are amazing! Has anyone ever told you that before? Well if not, its true. Take time today to reflect and write down just how amazing you are. Going back to our goal setting for the week, grab a piece of paper and write down all the things that you told yourself that you will accomplish and that you have. Or perhaps there were a few things that you weren't even trying to do but you made it happen almost by mistake or luck. Write those down too. Take time today to reflect on just how truly special you are and that when you put your mind to it, you can make anything happen. **YOU ARE AMAZING!**