

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 8 – June 12. 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: As the world continues to change and “new normals” are made, it’s time to create awareness of our ability to change along with it. Remind yourself that you have the ability to create change.

Monday video here: <https://youtu.be/xhOVYvZd9TA>

Two for Tuesdays: In this week's classes we are getting the day started with this gentle morning flow. Both classes will help students shake off that morning fog and get the mind and body ready to start the day.

Children's Yoga: <https://youtu.be/fECcRand-s8>

Adult & Upper Grade Classes: <https://youtu.be/rdlOxV1pwA4>

Wellness Wednesday: This week we are focusing on our wrists. With months of virtual learning and being stuck on portable devices as we social distance, it is important to be aware of the wear and tear on our wrists.

Wednesday Wellness Video focused on wrist health: <https://youtu.be/EhSXKeLvZOE>

Thoughtful Thursday: In this time of uncertainty and helping to create change, it is important to give space to others. What does that mean- to give space? Allowing people to speak their truth, their mind, and sit and just listen. Have you ever entered a conversation without an intention other than hearing what they say? Do you sometimes jump into a conversation before the person speaking is done to share your own experience? Today I challenge you to ask someone about their own experiences, how they are doing, and just sit and listen. Are you able to hold space for someone else?

Feel Good Friday: It's time to celebrate! Celebrate you, celebrate the end of another week and celebrate making our way to the end of the year. What is one thing that you are proud of about yourself that you accomplished during the COVID-19 remote learning? Celebrate your accomplishments.