

Good Morning Students and Families,

Today is a teacher planning day in District 59. I will be participating in teacher training all day. I won't be able to answer your questions, but will be available again tomorrow. Learning activities for today are listed here. Each link will take you to slides that have videos, stories, and activities. Please choose several lessons to focus on today. You can also participate in a live mindful movement session with Mrs. Frank at 1:00. Mrs. Frank's Mindful Moments videos and additional resources that you can learn from at any time are below. Feel free to share any of your completed activities with me. I can't wait to see what you accomplish. I'll check in with you again tomorrow morning.

Buenos días estudiantes y familias,

Hoy es un día de planificación para los maestros en el Distrito 59. Estaré participando en la capacitación de maestros todo el día. No podré responder a sus preguntas, pero mañana estaré disponible. Las actividades de aprendizaje para hoy se enumeran a continuación. Cada enlace lo llevará a diapositivas que tienen videos, historias y actividades. Puede elegir varias lecciones para enfocarse hoy. También puede participar en una sesión de movimiento consciente en vivo con la Sra. Frank a la 1pm. Los videos de Mindful Moments (*Momentos Conscientes*) de la Sra. Frank y los recursos adicionales de los que puede aprender en cualquier momento se encuentran a continuación. Puedes compartir conmigo cualquier actividades que haya hecho. Será emocionante ver lo que lograron. Me pondré en contacto con los estudiantes mañana por la mañana.

Choose 3 to 4 of these Social and Emotional Learning Activities for April 6th

[SEL Lesson](#): Student activity for "Deciding What To Do"

[SEL Lesson](#): Setting a goal (learning goal for the day)

[SEL Lesson](#): Time management (completing work independently)

[SEL Lesson](#): Talking About The Coronavirus-COVID-19

[SEL Lesson](#): Trying When it is Hard

Participate in an optional **Mindful Movement Live Session** for third, fourth, and fifth grade students by clicking the link below at 1:00 today. The Google Meet session has a limit on participants and is first come, first served.

1:00-1:30pm

Meeting ID

meet.google.com/qgv-ese-eifp

Phone Numbers

(US)+1 601-514-0276

PIN: 888 175 732#

Additional Resources

[*Mindful Moments with Mrs. Frank](#)

Videos from our D59 Coach that lead students in mindfulness activities.

[We Do Listen](#)

Interactive website with stories, lessons, and songs.

[Mindful Schools-FREE kids classes](#)

Starting March 19th, Mindful Schools will be hosting FREE kids classes!

[Move This World](#)

Free access to SEL materials

CommonSense.Org	Search resources by Character Strength for activities
Read Alouds	A variety of read SEL read alouds