

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. For our young learners, there is a video option included that narrates each slide. Please choose a couple lessons to focus on today. You can also participate in a live mindful movement session with Mrs. Frank, at noon. Mrs. Frank's Mindful Moments videos and additional resources that you can learn from at anytime are found 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. Para nuestros estudiantes más pequeños, hay una opción de video incluida que narra cada diapositiva. Elija un par de lecciones para enfocarse hoy. También puede participar en una sesión de movimiento consciente en vivo con la Sra. Frank al mediodía. 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 2 to 3 of these Social and Emotional Learning Activities for April 6th

[SEL Lesson](#): Student activity for knowing your emotions and feelings

[SEL Lesson](#): Sharing my feelings

[SEL Lesson](#): Recognizing emotions in others

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

Participate in an optional **Mindful Movement Live Session** for kindergarten, first, and second grade students by clicking the link below at noon today. The Google Meet session has a limit on participants and is first come, first served.

12:00-12:30pm:

Meeting ID

meet.google.com/aij-jqvv-awp

Phone Numbers

(US)+1 413-728-0860

PIN: 130 295 677#

Additional Resources

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

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

[Circle Activity Collection](#)

At home learning activities designed for birth to 5 years old and available in Spanish

[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
Ready Rosie	K-2 content and SEL embedded learning tools through a parent lens Disponible en Español
CommonSense.Org	Search resources by Character Strength for activities
Read Alouds	A variety of read SEL read alouds