The following calendar includes suggested daily activities to enhance/support the development of social and emotional learning. These activities provide a predictable routine for adults and students to establish and/or maintain safety, connection, and relationships. Our goal is for teachers and students to feel psychologically safe and connected.

This calendar is a resource for teachers to use in supporting their students’ social and emotional learning needs. The intent of this document is to give teachers simple, daily activities to continue supporting their own social and emotional development as well as that of their students. Several activities are designed for use during class meetings, advisory, or homeroom. Other activities may be used independently. Students and staff are strongly encouraged to participate in one activity per day. These activities may be used in addition to any other social and emotional learning activities already in place.

**Considerations may include:**

- Using these activities as a welcoming ritual, engaging strategy, optimistic closure, and/or as an extension activity.
- These activities can also be used to support social and emotional development in your school or classroom setting.
- Activities can and should be modified, as needed, for individual student learning needs and characteristics.
- If activities are shared via social media (e.g., Twitter), please use the hashtag #BCPSCares or @BCPSMTSS

Social and Emotional Learning is defined as the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. The 3 BCPS social and emotional competencies identified in this calendar include: Awareness, Decision Making, and Relationships.

- **Awareness** includes Self-Awareness and Social Awareness which are developed through noticing and naming feelings and seeing how they are connected to what is happening within and around us.
- **Decision Making** includes Self-Management and Responsible Decision Making which are developed by focusing and persevering in balancing novelty with routines and rituals through control of our thoughts, emotions, actions and interactions.
- **Relationships** include Relationship Skills which are developed by interacting with people and with content in ways that intentionally strengthen skillsets of being in control of our actions and interactions.
## Mind Over Matters Suggested Activities

### Mind Over Matters 2022-2023 Campaign

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
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</thead>
<tbody>
<tr>
<td><strong>Practice Daily Mindfulness</strong> (Tools for centering and grounding yourself in the present moment)</td>
<td><strong>Identify Your Coping Skills</strong> Check out this helpful tool for coping with stress and anxiety. This personalized organizer helps to identify triggers, coping skills, and people to talk to.</td>
<td><strong>Manage Your Thoughts</strong> Change negative thoughts to positive thoughts.</td>
<td><strong>Find Joy and Balance</strong> The GLAD Technique is a tool developed for those stuck in rumination or depression. It is designed to expand upon the strengths of kindness and gratitude by turning attention to something positive.</td>
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<td>Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises</td>
<td><strong>My Coping Skills Worksheet</strong></td>
<td><strong>Negative Thoughts and How to Stop Them</strong></td>
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### BCPS Social and Emotional Learning Competencies

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<th>Self-Awareness</th>
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| **Expand your Emotional Vocabulary** Emotions create powerful physical and behavioral responses that are more complex than "happy" or "sad." Putting your feelings into words has a therapeutic effect on your brain; if you're unable to articulate how you feel, that can create stress. Here's a great list of "feeling words" to help with labeling your emotions. Increase your emotional vocabulary with one new word each day. | Imagine yourself in the future, 5 years from now. Everything has gone as well as you could have hoped. **Describe:**  
- What you are like  
- What you are doing  
- Who you are with  
- What you are known for  
- How you are practicing your core values in your daily life  
What kind of impact you have on the people around you and the world in general | **Practice saying “no” to yourself**  
The ability to say "no" to yourself to put off short-term gratification for the long-term gain is an important life skill. Like a muscle, it is strengthened with exercise. The more you practice saying "no" to small daily challenges, the better you can withstand major temptations. Make a goal of saying "no" to five different temptations each day. **Harnessing Willpower to Meet Educational Goals** | Connect positively with a classmate that you may not know. Offer to carry items for someone’s whose arms are full. Hold the door for the person behind you. | **The Three Why’s** Before acting on a decision, ask yourself “Why?” Follow up your response with another “Why?” And then a third. If you can find three good reasons to pursue something, you’ll have clarity and be more confident in your actions. |
## Social and Emotional Learning Daily Activities

### December 2022

<table>
<thead>
<tr>
<th>Self-Awareness</th>
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| **Monitor your self-talk**  
There are non-stop thoughts that are in our heads that is not always helpful.  
Pay attention to the way you respond to your successes and failures. Positive and negative feedback-loops will form in your mind based off how you respond to successes and failures.  
Being tough on yourself needs to be balanced with self-compassion.  
Celebrate your wins, forgive your losses. | During the holiday’s reach out to someone that might need someone to talk to. This could be a friend or family member that might just need to know that someone cares. | **Success!!! Or Not?**  
Draw a picture, choose a song, list several words, or choose an image that represent what success will look like and feel like when you reach an academic or personal goal. Post this as a symbol to motivate you and let you know if you have achieved success. | **Make a Plan**  
Make a plan connect with a friend in person to do something or go somewhere enjoyable. | Choose a personal goal that is important to you. Make a list of things you WILL DO to achieve the goal and things you WILL AVOID to reach it. Post your list and share it with a friend. |
| **STOP to check-in with yourself**  
S: Stop. Whatever you're doing, just pause momentarily.  
T: Take a breath. Re-connect with your breath. The breath is an anchor to the present moment.  
O: Observe. Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?  
P: Proceed. Continue doing what you were doing. Or don’t: Use the information gained during this check-in to change course. Whatever you do, do it mindfully. | **Explore World Holiday Traditions**  
Learning about different winter or holiday traditions can be a great way to build cultural and social awareness.  
Try: -Reading a book about how different cultures celebrate diverse holidays and traditions.  
-Asking a family friend or teacher to share how they celebrate winter holidays. | **Make Your To-Do List**  
Find one space to record the tasks you must do and the tasks you want to do. You may choose a digital space or paper. Make it your own! Practice keeping the list and crossing off the items as you complete them. | **Celebrate 2023!**  
Choose several games to play with a friend or loved one as you ring in the New Year! |  |
| **Intent vs. Impact**  
Think about a recent decision or choice that you made. What did you intend on happening when you made that decision? What was the impact of your choice or decision on others. |  |  |  |  |
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| **Take a Break from Social Media**  
Research shows that spending too much time on social media can increase feelings of stress, anxiety, and depression. Take a social media break during winter break! Start with an hour each day and build up to a full day or more. | **Do Community Service**  
Helping the community is a terrific way to develop social awareness and empathy for others.  
You could:  
- Make a card for folks living in a retirement community  
- Pick up trash around a local park  
- Donate food or time to a food bank. | **Practice Self-evaluation and Reflection**  
Keep a journal and track your progress. Set regular goals, break big goals down into smaller milestones. Ask yourself at the end of each day, "What did I do well today?" And, "How can I improve on this tomorrow?" | **Listen Actively**  
The next time you disagree with a friend, practice listening first! Then, try one of the following:  
* You have every right to feel that way  
* I think I heard you say...  
* Tell me more.  
Notice how your friend reacts and what you learn. | **Community Support**  
Rather than throwing away old items you no longer use consider donating these items to your local goodwill, shelter, or community organization. |