



Bridge to School SEL Pacing Calendar

September-October 2020			
	Week 1-2	Week 3	Week 4
Dates	Sept 21st - Oct. 2nd	Oct. 5th - Oct. 9th	Oct. 13th - Oct. 16th
Topics	Welcome back/Getting to Know you. <i>Subtopic:</i> Change in classroom environment/ transitioning back	Mindfulness and starting the conversation about identifying your feelings (assessing student's feelings)	Coping Skills strategies and meet Jaffa (facility dog)
Sample Activities	<ul style="list-style-type: none"> ↪ Daily Mindfulness ↪ Icebreaker activity ↪ Tell me about you, (draw or insert pictures) ↪ Identify talents and strengths ↪ Getting to Know You activity 	<ul style="list-style-type: none"> ↪ Daily Mindfulness ↪ Reflective circles about feelings ↪ Feelings chart/mood meter ↪ Self-care checklist (HS) 	<ul style="list-style-type: none"> ↪ Daily Mindfulness ↪ Identify what I need/prefer to cope ↪ Meet/describe Jaffa ↪ Identify services facilitated by Jaffa and practice them with others
Vocabulary Access	<i>Mindfulness, Change, transition, environment, icebreaker, talents, strengths</i>	<i>Mindfulness, Feelings, emotions, mood, happy, sad, angry, afraid, calm, etc. self-care</i>	<i>Mindfulness, emotional support, comfort, social interaction, aiding with ADLs, compassion, caring for others, facility</i>
Resources 6:1:1/12:1:4	<u>Elementary:</u> Where I'm From/Name Story Circle <u>Middle:</u> Where I Come From/Name Story Circle <u>High School:</u> Where I'm From/Name Story Circle <u>Other:</u> All About Me Icebreakers and Warm Ups	<u>Elementary:</u> Other People's Feelings <u>Middle:</u> Making a Feelings Thermometer <u>High School:</u> Focus on Breathing <u>Other:</u> Feelings Check-in	<u>Elementary:</u> Creating a Comfortable Spot <u>Middle:</u> Feelings on the Outside <u>High School:</u> Grounding Techniques for Managing Overwhelming Feelings <u>Other:</u> Setting Boundaries Exercise

Resources 8:1:1	<p><u>Elementary:</u> Supporting Hands</p> <p><u>Middle:</u> Small Changes/Big Changes</p> <p><u>High School:</u> Online Support Circles</p> <p><u>Other:</u> Pair Share Gift Drawing</p>	<p><u>Elementary:</u> Making a Feelings Thermometer</p> <p><u>Middle:</u> Emotions and Feelings Listening Circles about Feelings</p> <p><u>High School:</u> Hopes and Fears Self-Care Checklist</p> <p><u>Other:</u> Mindful Art Activity Feelings Check-in</p>	<p><u>Elementary:</u> Grounding Techniques for Managing Overwhelming Feelings</p> <p><u>Middle:</u> Stress Management</p> <p><u>High School:</u> Conscious Breathing</p> <p><u>Other:</u> Poem Reflection</p>
Resources 12:1:1	<p><u>Elementary:</u> Icebreakers and Warm Ups</p> <p><u>Middle:</u> Strengths Bingo Activity</p> <p><u>High School:</u> Building Community/ Celebrating Diversity</p> <p><u>Other:</u> Pair Share Gift Drawing Icebreakers and Warm Ups</p>	<p><u>Elementary:</u> Making a Feelings Thermometer Emotions and Feelings</p> <p><u>Middle:</u> Hopes and Fears</p> <p><u>High School:</u> Refining Emotional Feelings Vocabulary Self-Care Checklist</p> <p><u>Other:</u> Mindful Art Activity Feelings Check-in</p>	<p><u>Elementary:</u> Stress Management</p> <p><u>Middle:</u> This Too Shall Pass</p> <p><u>High School:</u> Gratitude Journal</p> <p><u>Other:</u> Conscious Breathing Mental Wellness Plan Coping Skills Teen Workbook</p>
Sample Lesson Plans (to modify)	<p>Getting to Know You</p> <p>Welcome & Reflection</p> <p>Everyone's a Helper Lesson Plan</p>	<p>Managing Emotions Lesson Plan</p> <p>Getting Emotional: Learning about Feelings Lesson Plan</p>	<p>Coping Skills Lesson Plan</p> <p>Coping Strategies: Managing Feelings</p>
<p>To access more resources:</p> <ul style="list-style-type: none"> ● Visit: Bridge to School Curriculum ● Curriculum for Jaffa: https://education.muttigrees.org ● Other websites for Social Emotional Wellness: Nalini Kids and Go Noodle 			