
ABOUT THIS BOOK

The pages that follow provide the ideas and activities necessary to start moving your classroom in the direction of a positive culture and climate. The multiple activities are not only fun and strengthen relationships between students and teachers, they allow for the consistency that is needed. If you are doing things consistently over time it becomes a tradition. And tradition is just a fancy word for what? Yep, you know the answer, culture. The only way to maintain a positive climate is through practicing behavioral and operational activities that are rooted in positive values. This book will help you energize your classroom around the values, climate and culture you want to see.

In this book, you will find lessons that can be implemented in 10 minutes or less each day that are guaranteed to help build community in your classroom and foster positive relationships. You will find activities listed by days but you are free to mix and match however you see fit! Change the names if needed and have some fun with it! Others who have implemented these lessons have commented on multiple occasions that they feel like they know their students better this year than they ever have. Because of these positive connections they feel like students work harder and are better able to communicate and problem solve.

You will need little or no prep for MOST lessons. If preparation is needed, it is indicated in the description of the lesson. Many lessons call for a white board. You can use paper and a pencil in most cases if your students don't have white boards. Flexibility is key! Change an individual response activity to a small group or whole group. Expand on activities that you think your class could use some more work on. These lessons can be a complete lesson or a building block for meaningful conversation.

Many of the lessons can be used more than once. Things like woo hoos, telling jokes, and movement activities can be repeated as needed. Also,

the special events page has lessons that can be used at any time but it can be fun to incorporate some of the National Holidays and other events.

This book is organized around the days of the week. The first set of lessons are for Mondays, the second set of lessons are provided for Tuesdays, and so on. Many of the activities have been developed to fit with specific days of the week. So, we suggest that you choose to implement each activity based on the day of the week in which it is used.

You will notice some clip art repeated throughout the book. This serves as a key for what those category markers mean. (Note: Not all activities will include one of these symbols, only those that focus on that particular theme.)



GROWTH MINDSET



BUILDING PERSONAL STRENGTHS



MINDFULNESS



FIRST WEEKS



MOVEMENT



GROWTH MINDSET

A growth mindset is the belief that intelligence improves through study and practice. Children with a growth mindset tend to see challenges as opportunities to grow because they understand that they can improve their abilities by pushing themselves. If something is hard, they understand it will push them to get better.

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BUILDING PERSONAL STRENGTHS

These lessons are created to support building personal strengths. These lessons encourage participants to know and utilize their personal strengths. They are a great support for your current character education program. Use them to reinforce or introduce depending on grade level.

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MINDFULNESS

The mindfulness lessons incorporated are designed to help relax the mind and refocus.



FIRST WEEKS

Lessons with this label are recommended during the first week or 2 of school. They are focused on forming relationships and helping to get to know one another. They can be done at any time, but the most opportune time is early on. These lessons require less risk with sharing and create building blocks for relationship building.

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MOVEMENT

These lessons are to help get out some of the wiggles and have a little fun. Most can be accommodated to require less movement if you have a student with mobility issues.



M O N D A Y



MINDFUL MONDAY

Mindfulness is a tool kids or adults can look back to at any time to help relieve stress and refocus.

This is a perfect start for week 1.

There are tons of great videos that can be found by searching “mindfulness for kids”.

Keep some handy in your toolbox for daily use.

MONDAY



MOVEMENT MONDAY

(Teacher-timed activities – suggested 10-15 seconds)

Feel free to ask questions to students participating to expand the connections.

You should participate too.



- *Jog in place if you have a pet.*
- *Give yourself a hug if you have done something kind this weekend.*
- *Walk around your chair if you have felt confused with new classroom routines.*
- *Do 5 jumping jacks if you were outside this weekend.*
- *Do your favorite dance move.*

MONDAY

MAKE ME THINK MONDAY

Man Board	BABY	WBOEOADRS	PDOIVOEL
Funny Words Funny Words Funny Words Funny Words	HEAD	CYCLE CYCLE CYCLE	H I L L
JOB	PROMISES	LEGGGGG LEGGGGG	league
SPLOASTCE	KNOCK TIMBER	PLAYING	S I D E <i>Please</i>

ANSWERS:

Man Overboard	Big Baby	Bear in the Woods	Dive in the Pool
Too Funny for Words	Big Head	Tricycle	Down Hill
Inside Job	Broken Promises	Long Legs	Little League
Lost in Space	Knock on Wood	Playing Outside	Pretty Please