



Draw a picture of the shared space you noticed.

I can take care of this space by:

Draw a picture of the shared space you noticed.

I can take care of this space by:

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I can take care of this space by:

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I can take care of this space by:

Draw a picture of the shared space you noticed.

I can take care of this space by:



Draw a picture of yourself following the routine we practiced today.

I will use this routine to:

Draw a picture of yourself following the routine we practiced today.

I will use this routine to:

Draw a picture of yourself following the routine we practiced today.

I will use this routine to:

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I will use this routine to:

Draw a picture of yourself following the routine we practiced today.

I will use this routine to:

Draw a picture of yourself following the routine we practiced today.

I will use this routine to:

Draw a picture of yourself following the routine we practiced today.

I will use this routine to:



I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:

I'd like a classroom that looks:

and feels:



Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?

Write about at time you helped to solve a problem. What did you do or say that was helpful?



Think about the way you felt doing the morning meeting today.

Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.

Think about the way you felt doing the morning meeting today.

Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.

Think about the way you felt doing the morning meeting today.

Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.

Think about the way you felt doing the morning meeting today.

Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.

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Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.

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Think about the way you felt doing the morning meeting today.

Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.

Think about the way you felt doing the morning meeting today.

Draw a picture of yourself participating in the morning meeting today and write about how it made you feel inside.



Think about WHY the closing circle is important.
Complete the sentence below to share your thoughts.

The closing circle is important because:

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Complete the sentence below to share your thoughts.

The closing circle is important because:

1. Label the top of your page My Brain.
2. Glue the picture of the brain in the center of the page.
3. Write a sentence to tell how your brain helps you.

My brain helps me:

1. Label the top of your page My Brain.
2. Glue the picture of the brain in the center of the page.
3. Write a sentence to tell how your brain helps you.

My brain helps me:

1. Label the top of your page My Brain.
2. Glue the picture of the brain in the center of the page.
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My brain helps me:

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My brain helps me:

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My brain helps me:

1. Label the top of your page My Brain.
2. Glue the picture of the brain in the center of the page.
3. Write a sentence to tell how your brain helps you.

My brain helps me:

Think about WHY we are learning about the brain. Complete each sentence to tell how each part of the brain helps you.

My Prefrontal Cortex helps me:

My Amygdala helps me:

My Hippocampus helps me:

Think about WHY we are learning about the brain. Complete each sentence to tell how each part of the brain helps you.

My Prefrontal Cortex helps me:

My Amygdala helps me:

My Hippocampus helps me:

Think about how to calm your Amygdala down when you are experiencing BIG emotions. Draw a picture of a way you can settle your glitter.

I can settle my glitter by:

Think about how to calm your Amygdala down when you are experiencing BIG emotions. Draw a picture of a way you can settle your glitter.

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I can settle my glitter by:

Think about how to calm your Amygdala down when you are experiencing BIG emotions. Draw a picture of a way you can settle your glitter.

I can settle my glitter by:

Think about how you felt before and after focused breathing. Use the word bank to complete each sentence.

WORD BANK:

| | | |
|---------|------------|----------|
| worried | angry | sad |
| happy | frustrated | nervous |
| calm | irritated | peaceful |
| excited | silly | |

Before I heard the chime, I felt:

After I heard the chime and practiced breathing, I felt:

Think about how you felt before and after focused breathing. Use the word bank to complete each sentence.

WORD BANK:

| | | |
|---------|------------|----------|
| worried | angry | sad |
| happy | frustrated | nervous |
| calm | irritated | peaceful |
| excited | silly | |

Before I heard the chime, I felt:

After I heard the chime and practiced breathing, I felt:

When I was running around, my body felt:

When I took deep, mindful breaths, my body felt:

When I was running around, my body felt:

When I took deep, mindful breaths, my body felt:

When I was running around, my body felt:

When I took deep, mindful breaths, my body felt:

When I was running around, my body felt:

When I took deep, mindful breaths, my body felt:

When I was running around, my body felt:

When I took deep, mindful breaths, my body felt:

When I was running around, my body felt:

When I took deep, mindful breaths, my body felt:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My feelings changed from _____

to _____ when:

My anger was really big when:

My anger was really big when:

My anger was really big when:

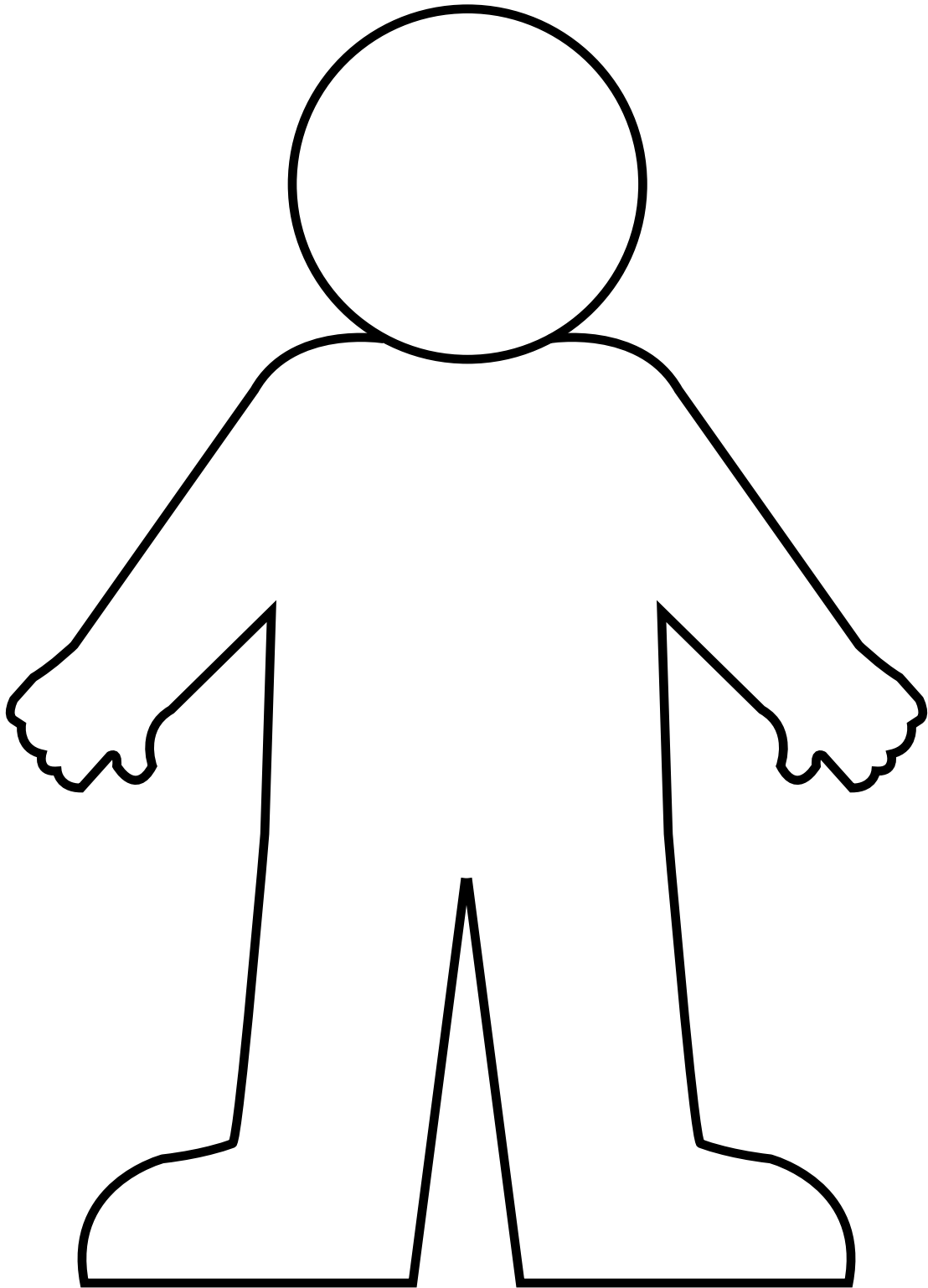
My anger was really big when:

My anger was really big when:

My anger was really big when:

My anger was really big when:

My anger was really big when:



Sometimes I feel _____, my body shows this feeling
when _____.

When I feel:

I can choose to:

When I feel:

I can choose to:

When I feel:

I can choose to:

When I feel:

I can choose to:

When I feel:

I can choose to:

When I feel:

I can choose to:

When I feel:

I can choose to:

When I feel:

I can choose to:

When the bubbles were blowing and I had to be still, I really wanted to:

I controlled myself and my impulses by:

When the bubbles were blowing and I had to be still, I really wanted to:

I controlled myself and my impulses by:

When the bubbles were blowing and I had to be still, I really wanted to:

I controlled myself and my impulses by:

When the bubbles were blowing and I had to be still, I really wanted to:

I controlled myself and my impulses by:

When the bubbles were blowing and I had to be still, I really wanted to:

I controlled myself and my impulses by:

When the bubbles were blowing and I had to be still, I really wanted to:

I controlled myself and my impulses by:

The hardest part of passing the cup was:

I used:

to help me.

The hardest part of passing the cup was:

I used:

to help me.

The hardest part of passing the cup was:

I used:

to help me.

The hardest part of passing the cup was:

I used:

to help me.

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

Being grateful makes me feel:

Today, I'm grateful for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

I'd like to use the Thank You Station to thank:

for:

Imagine that you lived in Mira's community. Use pencil and crayons to draw a picture showing how you would use your maybe eyes.

I would use my maybe eyes to:

Imagine that you lived in Mira's community. Use pencil and crayons to draw a picture showing how you would use your maybe eyes.

I would use my maybe eyes to:

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I would use my maybe eyes to:

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I would use my maybe eyes to:

Imagine that you lived in Mira's community. Use pencil and crayons to draw a picture showing how you would use your maybe eyes.

I would use my maybe eyes to:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

When I struggle, I can show optimism by:

Today I used my challenge muscle by:

My challenge muscle helps me to:

Today I used my challenge muscle by:

My challenge muscle helps me to:

Today I used my challenge muscle by:

My challenge muscle helps me to:

Today I used my challenge muscle by:

My challenge muscle helps me to:

Today I used my challenge muscle by:

My challenge muscle helps me to:

Today I used my challenge muscle by:

My challenge muscle helps me to:

I exercised my challenge muscle when:

I exercised my challenge muscle when:

— — — — —

I exercised my challenge muscle when:

I exercised my challenge muscle when:

.....

I exercised my challenge muscle when:

I exercised my challenge muscle when:

I exercised my challenge muscle when:

I exercised my challenge muscle when:

My setback:

My setback:

My setback:

My setback:

My setback:

My setback:

My setback:

My setback:

I bounced back:

I bounced back:

I bounced back:

I bounced back:

.....

I bounced back:

I bounced back:

I bounced back:

I bounced back:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

A friendly phrase I could use is:

I might use this phrase when:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what I see when I look up at a tree:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Here is what a bird in the tree would see:

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

Write about at time when you and a friend had different perspectives about something.

(Jeremy/Antonio) felt:

when:

because:

— — — — —

(Jeremy/Antonio) felt:

when:

because:

— — — — —

(Jeremy/Antonio) felt:

when:

because:

— — — — —

(Jeremy/Antonio) felt:

when:

because:

A time when I was feeling sad or lonely, like the Invisible Boy, was:

Someone who showed empathy for my feelings was:

A time when I was feeling sad or lonely, like the Invisible Boy, was:

Someone who showed empathy for my feelings was:

A time when I was feeling sad or lonely, like the Invisible Boy, was:

Someone who showed empathy for my feelings was:

A time when I was feeling sad or lonely, like the Invisible Boy, was:

Someone who showed empathy for my feelings was:

A time when I was feeling sad or lonely, like the Invisible Boy, was:

Someone who showed empathy for my feelings was:

A time when I was feeling sad or lonely, like the Invisible Boy, was:

Someone who showed empathy for my feelings was:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

Some small acts of kindness I can practice this week are:

When I am feeling:

I might say:

When I am feeling:

I might say:

When I am feeling:

I might say:

When I am feeling:

I might say:

When I am feeling:

I might say:

When I am feeling:

I might say:

When I am feeling:

I might say:

When I am feeling:

I might say:

I feel compassion toward:

When she/he

(state situation - i.e. is lonely, needs help, etc.)

I feel compassion toward:

When she/he

(state situation - i.e. is lonely, needs help, etc.)

I feel compassion toward:

When she/he

(state situation - i.e. is lonely, needs help, etc.)

I feel compassion toward:

When she/he

(state situation - i.e. is lonely, needs help, etc.)

I feel compassion toward:

When she/he

(state situation - i.e. is lonely, needs help, etc.)

I feel compassion toward:

When she/he

(state situation - i.e. is lonely, needs help, etc.)

I can show compassion by:

I can show compassion by:

I can show compassion by:

I can show compassion by:

I can show compassion by:

I can show compassion by:

I can show compassion by:

I can show compassion by:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

The thing I liked best about our service learning project was:

I can show compassion to:

by:

I can show compassion to:

by:

I can show compassion to:

by:

I can show compassion to:

by:

I can show compassion to:

by:

I can show compassion to:

by:

I can show compassion to:

by:

I can show compassion to:

by:

I feel hopeful about the world because:

I feel hopeful about the world because:

I feel hopeful about the world because:

I feel hopeful about the world because:

I feel hopeful about the world because:

I feel hopeful about the world because:

I feel hopeful about the world because:

I feel hopeful about the world because:

My dream for my future is:

My dream for my future is:

My dream for my future is:

My dream for my future is:

My dream for my future is:

My dream for my future is:

My dream for my future is:

My dream for my future is: