

<https://casel.org/>

**MINDFUL
MONDAY**

**TRANQUIL
TUESDAY**

CLICK on the day to
take you to the
social/emotional
learning activities

SELF-
AWARENESS

SELF-
MANAGEMENT

SOCIAL
AND
EMOTIONAL
LEARNING

**No school on
Wednesday**

SOCIAL
AWARENESS

RESPONSIBLE
DECISION-
MAKING

**THOUGHTFUL
THURSDAY:**

**No School
Happy
Thanksgiving**

RELATIONSHIP
SKILLS

**No school on
Friday**

Mindful Monday Activity:

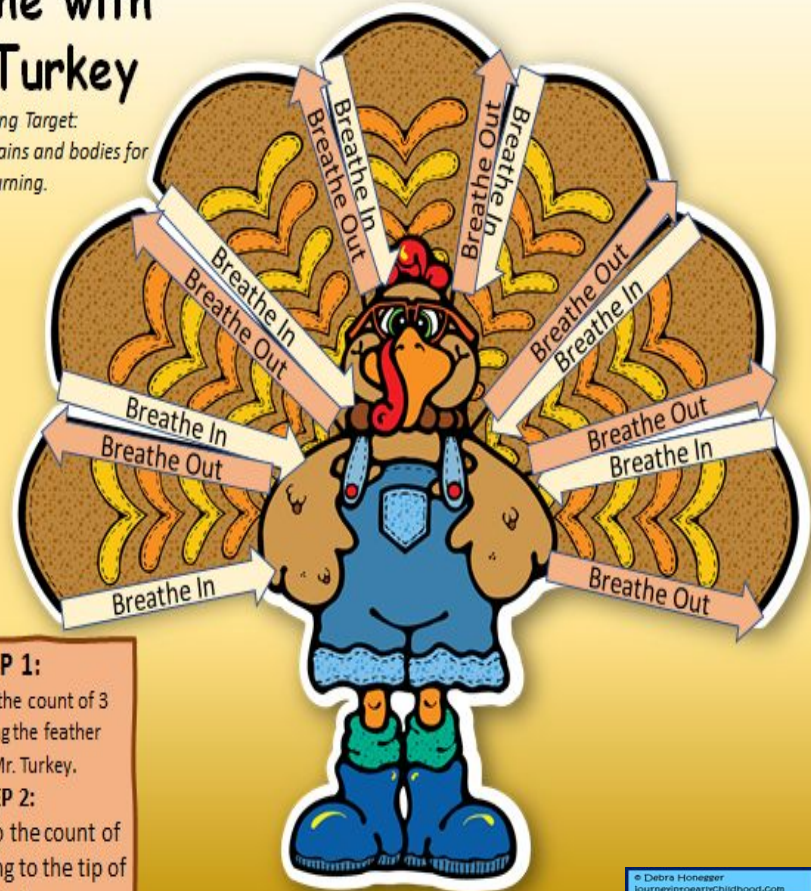
Learning Target:

I can practice breathing strategies to help me prepare my brain and body for a fun day of learning.

Practice deep breathing while tracing the feathers on Mr. Turkey.

Breathe with Mr. Turkey

*Learning Target:
Prepare our brains and bodies for
learning.*



STEP 1:

Breathe in to the count of 3 while tracing the feather toward Mr. Turkey.

STEP 2:

Breathe out to the count of 5 while tracing to the tip of each feather.

Breathe with Mr. Turkey

Learning Target:

Prepare our brains and bodies for learning.



STEP 1:

Breathe in to the count of 3 while tracing the feather toward Mr. Turkey.

STEP 2:

Breathe out to the count of 5 while tracing to the tip of each feather.

Tranquil Tuesday:

Learning Target:

**I can stretch my body to be ready to learn.
Have fun with some Thanksgiving Yoga.**

REMINDER: On Thankful Thursday, tell each person you love why you are thankful for him/her.

We are thankful for the dedication of our families in supporting their child's education. Thank you for continuing to connect with the remote learning and for connecting with your child's teacher to work as team.

HAPPY THANKSGIVING



Follow the link to do the Turkey Twist and more
<https://www.teacherspayteachers.com/Product/Distance-Learning-Yoga-Poses-with-Turkey-Free-5003821>

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Debra Honegger

