



## K-2 SEL Morning Meeting Lesson Ideas

### Week 29

SEL Theme: Identifying & Managing Frustration			SEL Competency: Self-Awareness & Self-Management		
<b>Description:</b> When you're doing something difficult, or trying to master something new, it's common to feel frustrated. Frustration is when you feel upset or annoyed because of an event or circumstance.					
<a href="#">Google Slides</a> (Make a copy & customize.)	Day 1 April 12th	Day 2 April 13th	Day 3 April 14th	Day 4 April 15th	April 16th
<b>Welcoming Ritual</b> (Greeting & Sharing)	<b>Feeling Check-in Greeting:</b> Each student takes a turn greeting the class and stating one word about how they are feeling. <i>Ex: "Hi everyone. Today, I feel ____."</i> <a href="#">How are you feeling chart?</a>	<b>Group Air Wave Greeting:</b> The teacher waves and says, "Good Morning and welcome back, class". Then the students respond with a wave to greet the class and say "Good Morning" back.	<b>Mindful Breathing Greeting:</b> Greet each other by saying good morning and taking 3 deep breaths together. Inhale as you silently count from 1 to 3 and exhale as you silently count 4 to 6. Repeat twice.	<b>30 Second Dance Party Greeting:</b> Play a song and have students wave at classmates and do their favorite dance move for 30 seconds.	NO SCHOOL
	<b>Open Sharing:</b> Explain to students that today you are providing a time for students to share one thing they want to share with the class that is appropriate for school.	Skip the Sharing for today to have more time for your Explicit Instruction lesson.	<b>Sharing Prompt:</b> Tell about a time you felt frustrated. How did you handle it? What would you do differently next time?	<b>Sharing Prompt:</b> This week we learned that a trigger is any word, person, or event that causes an immediate, strong emotional reaction. What is one trigger that causes you to feel frustrated? What can you do to help manage frustration as soon as you recognize your trigger?	
<b>Class Activity or Explicit Instruction</b>	<b>Mindful Minute:</b> <a href="#">Weather the Storm</a>  Follow-up Discussion: If the tree represents you, what do you think the storm represents? What about the sun?	<b>Explicit Instruction:</b> Teach the SEL Theme of the week. For lesson ideas, go to Blender- SEL Resources-Explicit Instruction or click <a href="#">here</a> .	<b>Brain Break Energizer:</b>  <a href="#">Would You Rather? Spring</a>  Note: Stop the video after 3-4 activities, as time allows	<b>Body Alphabet:</b> Students stand by their desks and as the teacher calls out letters of the alphabet, the students will form the letters using their bodies.	

<p><b>Optimistic Closure Ideas:</b></p>	<p><b>Class Message:</b> Think about the video we just watched. What lessons did you learn? How can you apply that to your life?</p>	<p><b>Class Message:</b> When you're doing something difficult, or trying something new, it's common to feel frustrated. What are some ways to calm down when you feel frustrated?</p>	<p><b>Class Message:</b> What does frustration feel like inside your brain? How does it feel in your body? Why is it important for us to learn how to manage our frustration? How will managing frustration make our brains and bodies feel better?</p>	<p><b>Class Message:</b> We must always remember the power of <b>yet</b> to help us manage frustration and improve our growth mindset. We all have different strengths and learn at our own pace. So, don't forget to use the power of <b>yet</b> today, everyday, in school, at home, and in the community.</p>	
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