<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM Academic Time</td>
<td>Complete Day 20: Social-Emotional Learning-Kindness</td>
<td>Listen to the Thankful Book</td>
<td>Listen to Enemy Pie: <a href="https://www.youtube.com/watch?v=q12L40JQtkI">https://www.youtube.com/watch?v=q12L40JQtkI</a></td>
<td>Learn how to have a Growth Mindset: <a href="https://www.youtube.com/watch?v=ivKLEVPl6mW">https://www.youtube.com/watch?v=ivKLEVPl6mW</a></td>
<td>Listen to Red: A Crayon’s Story: <a href="https://www.youtube.com/watch?v=R8Z3GunXOz4">https://www.youtube.com/watch?v=R8Z3GunXOz4</a></td>
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<td>Complete the Kindness Coupon Activity</td>
<td>Complete the Gratitude Jar activities in Supplemental Materials</td>
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<tr>
<td>Creative Time</td>
<td>Practice Brain Break Breathing Exercises:</td>
<td>Color and write thank you cards to people you care about using the template in Supplemental Materials</td>
<td>Create a friendship bracelet using straws</td>
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<td>Use the cards in Supplemental Materials to try out different breathing exercises. Try teaching one to someone else.</td>
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<tr>
<td>PM Academic Time</td>
<td>Complete the compliment notes in Supplemental Materials</td>
<td>Complete the heart themed CVC practice sheets in Supplemental Materials</td>
<td>Complete the Best Friends of 10 worksheets in Supplemental Materials</td>
<td>Practice Growth Mindset with the The Dot Paper Chain Challenge:</td>
<td>Hour of Code:</td>
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<td></td>
<td>Create the longest paper chain possible using only one piece of paper, dot stickers and scissors</td>
<td>Play Kodables to practice your coding skills: <a href="https://www.kodable.com/hour-of-code#self-guided">https://www.kodable.com/hour-of-code#self-guided</a></td>
</tr>
</tbody>
</table>
Compliment Notes

1. Write one compliment for a friend using the sentence stem below:

You are __________________________________________

__________________________________________

__________________________________________

Draw a picture for your friend.
Compliment Notes

2. Write one compliment for a teacher:

You are ____________________________________________

_________________________________________________________________

_________________________________________________________________

Draw a picture for your teacher.
Compliment Notes

3. Write one compliment for a family member or loved one:

You are ________________________________

______________________________

______________________________

Draw a picture for your family member or loved one.
The image is a worksheet titled "Gratitude Jar". It instructs students to draw people and things they are grateful for in their lives to fill up their jars and feel good. It includes a table with examples such as "Your pet", "Caring adult", "Family member", "Favorite place", "Friend", "Stuffed animal", and "Teacher". The worksheet encourages students to write letters to loved ones to express gratitude. The website where this worksheet can be found is education.com. The content is designed to promote positive emotions and gratitude practices.
GRATITUDE JAR

Below, draw a picture or write a few words of thanks to a loved one who you care about and tell them why you are grateful for them!

**Draw a picture**

**Write words of thanks**

**I am thankful for** ____________________________

**because** ____________________________
Spin and Color

A CVC Word Game
Friendship Pie

Mix 2 quarts of ________________
Stir in a spoonful of ________________
Add 1 cup of ________________
Stir in 3 gallons of ________________
Mix 4 cups of ________________
Bake at ________ for ________ minutes.
Cut into ________ slices and share with your friends.

Friendship Pie

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Bake at ________ for ________ minutes.
Cut into ________ slices and share with your friends.
Fill in the hearts to make Best Friends of Ten.
Name ________________________________ Date ________________________________

4 + ____ = 10  ____ + 10 = 10
2 + ____ = 10  ____ + 3 = 10
8 + ____ = 10  ____ + 9 = 10
6 + ____ = 10  ____ + 7 = 10
9 + ____ = 10  ____ + 0 = 10
1 + ____ = 10  ____ + 4 = 10
7 + ____ = 10  ____ + 1 = 10
3 + ____ = 10  ____ + 6 = 10
0 + ____ = 10  ____ + 5 = 10

Draw lines to connect the Best Friends of Ten.

[Grid with numbers 0 to 9]
Growth Mindset
Change your words – Change your mindset!

I can ____________________________
______________________________
______________________________

I can ____________________________
______________________________
______________________________

I can ____________________________
______________________________
______________________________

I can’t ____________________________
______________________________
______________________________

yet, but I will keep trying until I can!
Red was not great at drawing red things, but he was GREAT at drawing blue things!

I am GREAT at ____________________________________!