

SEL Activities
Weeks of June 1st and June 8th

Prek-3

- Breathe with Elmo

https://www.youtube.com/watch?v=_mZbzDOpyIA&feature=youtu.be

- Breathing activities

<https://www.youtube.com/watch?v=j8sYqsD2WZQ&feature=youtu.be>

- Cosmic kids beach

<https://www.youtube.com/watch?v=96R059yOPVI>

- Brain Break

<https://www.youtube.com/watch?v=YE-BI2WRnBU>

All Grades

- Take a mindful walk with your family.

Pay attention to what you hear and see. You can even “chalk your walk,” and write inspiring messages/drawings for others on your way.

- If you see a Nightingale graduate sign write a congratulatory message on those sidewalk squares. Our graduates have so much to be proud of and one day, all of our students will be graduating and heading off into the secondary education world!
- You can complete the following slide-show activities in a journal. Keep the journal as a time capsule that you can look back on and remember this time period in your life.

https://docs.google.com/presentation/d/1uSu79SyggyE2KYWqJ5pYLOUCSkjOsIkmVUOMIEGxm/edit#slide=id.g833c7f43fb_2_57

- Write a letter thanking someone who has helped or inspired you through this difficult time. You might be writing to a family member, maybe it's a teacher or even an essential worker. Let them know how much they kept you going during this time. Share the letter with this person either by sending in the mail or sending electronically.
- Create a list of goals of things you want to do or accomplish this summer. Think about what will make you feel productive over the next few weeks during this quiet time. Choose things that will make you feel accomplished and re-energized when we return to our next school year.

- Write a message in chalk on the streets surrounding Nightingale. You can thank Ms. Arias, Ms. Soto, Ms. Burt, Mr. Healy, Ms. Ouellette, or any of our AWESOME teachers! Feel free to draw a picture or write your favorite memory. Make sure to email your teacher and let him/her know that you left a super shoutout to end this school year.